

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



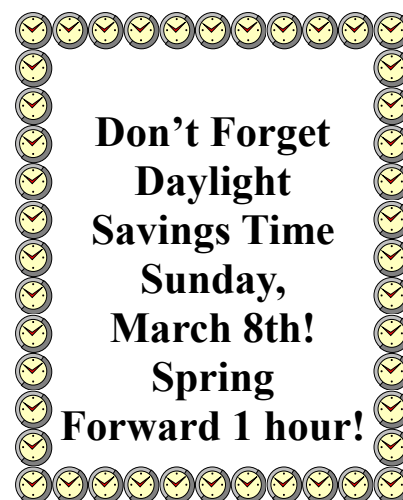
March 2015 Happy Saint Patrick's Day

Inside This Issue

- Pg 2 Grantsville Events
- Pg 3 West Fork Events
- Pg 4 Birthday Page
- Pg 5 Grantsville News
- Pg 6 Senior Journal News
- Pg 7 Spotlight on WV
- Pg 8 Soapbox
- Pg 9 Healthy & Happy
- Pg 10 My Favorite Recipe
- Pg 11 Lunch Menu
- Pg 12 Fun Pages
- Pg 13 Fun Pages
- Pg 14 Fun Pages
- Pg 15 Business Page

Coming Up!

- March 8th-Daylight Savings "Spring Forward" one hour
- March 10th-Planning Committee Meeting 1:00pm
- March 12th-Spencer Shopping Trip Depart @ 8:30
- March 17th-St Patrick's Day Celebration , wear your GREEN!
- March 17th-Foster Grandparents Meeting 10:00am
- March 19th-Bowling Trip for West Fork
- March 20th-1st Day of Spring!
- March 23rd-Board Meeting @ 2:30pm
- March 25th-Life Screenings-Fitness Room 8:30-5:30pm
- March 25th-Covered Dish/Birthday Dinner 10:30-11:30am
- March 27th-Snack and A Movie Day 9:15-11:00am



**Don't Forget
Daylight
Savings Time
Sunday,
March 8th!
Spring
Forward 1 hour!**

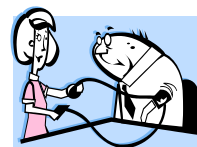


March 2015 Grantsville Events



March 4th, Wed. Choir Practice 10:30—11:00 A.M.

March 6th, Fri. “Healthy Me”



March 8th, Sun. Daylight Savings Time Begins

March 10th, Tues. Planning Committee Meeting 1:00 P.M.



March 11th, Wed. Choir Practice 10:30—11:00 A.M.
Roane Home Care Blood Pressure Clinic 10:30 A.M.

March 12th, Thurs. Spencer Shopping Trip Depart 8:30 A.M.
Cost \$8 from Center, \$10 from Home
TRIP MUST BE PAID AT TIME OF RESERVATION!



March 13th, Fri. Wear your green and try your luck!
BIG BINGO 10:30—11:30 A.M.
Refreshments available



March 17th, Tues. Foster Grandparents Meeting 10:00 A.M.
St. Patrick’s Day Celebration
Wear your green and win a prize!



March 18th, Wed. Choir Practice 10:30—11:00 A.M.

March 20th, Fri. First Day of Spring



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

March 25th, Wed. Covered Dish Birthday /Musical Entertainment 10:30—11:30 A.M.
NO BINGO WILL BE PLAYED TODAY!
Lifeline Screenings in Fitness Room 8:30 A.M.—5:30 P.M.

March 27th, Fri. Snack and A Movie 9:15-11:00 A.M.



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



March 2015 West Fork Events

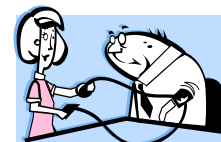


March 2nd, Mon. Breathe with Joy 9:30-10:00 A.M.
Crafts/Cards/Line Dancing 10:30-11:30 A.M.



March 3rd, Tues. Cards/ Line Dancing 10:30-11:30 A.M.

March 5th, Thurs. Cards /Board Games 10:30– 11:30 A.M.



March 9th, Mon. Breathe with Joy 9:30-10:00 A.M.
Crafts/Cards/Line Dancing 10:30-11:30 A.M.

March 10th, Tues. Cards/ Line Dancing 10:30-11:30 A.M.



March 12th, Thurs. Cards /Board Games 10:30– 11:30 A.M.

March 16th, Mon. Breathe with Joy 9:30-10:00 A.M.
Crafts/Cards/Line Dancing 10:30-11:30 A.M.
Roane Home Care 9:00– 11:30 A.M.



March 17th, Tues. Cards/ Line Dancing 10:30-11:30 A.M.

March 19th, Thurs. Bowling Trip

March 23rd, Mon. Breathe with Joy 9:30-10:00 A.M.
Crafts/Cards/Line Dancing 10:30-11:30 A.M.



March 24th, Tues. Cards/ Line Dancing 10:30-11:30 A.M.

March 26th, Thurs. Hospice Screenings 10:00-10:30 A.M.
Entertainment/Birthday Dinner 10:30– 11:30 A.M.



Exercise 9:00– 9:30 A.M. / Socializing from 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

Dorothy Dye	March 4th
Phyllis Hashman	March 4th
Patty Sims	March 4th
Martha Harris	March 4th
Allen Blair	March 4th
Eugene Wallbrown	March 5th
Ruby Shock	March 7th
Melody McDonald	March 7th
Orma Connard	March 8th
Paul Messersmith	March 8th
Edna Whipkey	March 8th
Donald Mace	March 8th
Karen Hollinger	March 9th
Kenny Lemley	March 9th
Evelyn King	March 12th
Larry Morton	March 13th
Arthur Johnson	March 16th
Patricia Knicley	March 18th
Dorothy Lynch	March 18th
Rose Wilt	March 18th
Geraldine Lamont	March 19th
Eva Marks	March 20th
Melvin Davisson	March 20th
Sharon Knotts	March 21st
Loretta Sanger	March 21st
Gary Stiltner	March 21st
Leon McDonald	March 22nd
Inez Carr	March 25th
Ernest Siers	March 26th
William Barr	March 28th
Cindy McCartney	March 29th



**Celebrating February Birthdays
at the Grantsville CCCOA:**
Seated: Wanda Carpenter, Glen Fowler
Standing: Joann Ward, Carol Kanalley



Entertainment provided by :
**New Christian Friends, Daryl
McCumbers, Calvin Lucas, Delmar
Rhodes, Grant Carr, Donald Little**

Happy Birthday CCCOA Employees

Linda Peggs	10th
Davidson Charlotte	15th
Marty Park	17th
Samantha Cowan	17th
Jessica Bell	26th



**Celebrating February
Birthdays
at the Westfork CCCOA:**
Dayton Hicks

CCCOA Grantsville News



**2015 Valentine's Day King & Queen
Jim and Rose Wilt**



**Our Beloved Pianist Mary Umstead
We will miss you!**

Senior Journal News

Attorney General Patrick Morrisey Announces Top 10 Consumer Complaints for 2014

The list is assembled from written consumer complaints filed with the Office's Consumer Protection Division. The tally does not include phone calls from consumers who did not follow up with a written complaint.

"Our Office hopes that this Top 10 list will help educate West Virginia consumers about common issues and problems their neighbors and friends have encountered. We hope consumers will in turn educate themselves about their rights and responsibilities so they do not encounter similar difficulties," Attorney General Morrisey said. The complete Top 10 list is as follows:

1. Vehicle purchases and repairs
2. Promotions
3. Home repair/remodeling services
4. Credit complaints
5. Communication
6. General sales
7. Solicitations
8. Collection agencies
9. Electronic equipment
10. Medical services and products

"We encourage citizens to contact our Consumer Protection Division if they have had a problem with a business or believe a company did not live up to its end of a deal," Morrisey said. "If the issue is legitimate, the consumer can file a complaint and our Office can begin to work with the consumer and business to attempt to resolve the dispute."

Automotive and motor vehicle complaints moved up to No.1 this year after being No. 2 on the 2013 list. Promotion complaints fell from the No. 1 complaint in 2013 to No. 2 in 2014.

"Complaints about auto and motor vehicle purchases or repairs, as well as promotional activities, are very common, as evidenced by their high-ranking position in the recent years. Hopefully this will be an alert for consumers, and they will do their homework before entering into any too-good-to-be-true offers," Morrisey said.

Medical services and products, which ranked No. 10 this year, did not appear on last year's list. Morrisey said some of the complaints received during the past 12 months have involved diabetes testing supply scams, medical alert scams, and general health care issues.

"Our Consumer Protection Division is always following trends and looking for red flags to help alert consumers and protect them," Morrisey said. "Consumers should always be wary if a business is using high-pressure sales tactics, does not put terms in writing, or demands that you surrender personal information, such as a Social Security number or banking information, over the phone or via email. Our Office strives to help consumers stay updated and educated on scams, common complaints, and other business-related issues they may face."

Spotlight on WV

West Virginia Wildlife Center, formerly French Creek Game Farm

The West Virginia State Wildlife Center is a modern zoological facility displaying native and introduced state wildlife. Operated by the Wildlife Resources Section of the West Virginia Division of Natural Resources, the Wildlife Center is dedicated to presenting visitors a realistic and factual understanding of our state's wildlife. Woodland wildlife can be viewed along a wheelchair-accessible interpretative trail 1.25 mile through a mature hardwood forest.

The spacious enclosures allow the animals to interact with their environment and they therefore exhibit more natural behavior patterns. Interpretive signs help the visitor to learn more about each animal's life history, biology and its relationship with humans. Group tours are available upon request.

The Wildlife Center is the perfect setting for a family outing. In addition to exhibits, there is a large wooded picnic area with grills and a shelter. Look for waterfowl or fish for trout, bass, catfish and bluegill in the well-stocked pond below the picnic area. A gift shop is available to satisfy your souvenir and refreshment needs. The Wildlife Center is a facility where visitors can see, enjoy and learn more about West Virginia's rich wildlife heritage.

Address: 163 County Route 20, French Creek, WV 26218

Hours of Operation: April 1st - October 31st - 9a.m. to 5 p.m.

November 1st - March 31st - 9 a.m. to 3 p.m.



(Photo by Jack Mills)



(Photo by Ron Snow)



(Photo by Ron Snow)

Soap Box by Judy

Questions

Ask anyone who knows me and they will tell you that I ask questions. I find that you don't get answers if you don't ask questions. But there are some questions that it seems nobody can answer. For instance – why do we have to spring forward and fall back? Why? What does it accomplish? For one thing if you have a lot of clocks it takes forever to set them all. And let's not even talk about those clocks in the car (you have to use the radio) the wonderful digital clocks on the clock radios and on microwaves with blinking that drive you crazy. And don't forget watches without stems. Heaven forbid that you would just pull out the stem and set the time, wind the watch and you are good to go. Now watches have tiny, tiny, batteries that old arthritic hands and fingers can't take out and put in. Look at all the stuff we wouldn't have to do if we didn't spring forward and fall back.

Next, why is the plastic scoop in the soap powder always at the bottom of the box? Always. So, after you struggle with the easy to pull (yeah, right) tab and after using scissors or a knife to actually pull it, there is no scoop period. After a few episodes of the soap powder box openings I figured out what to do. I just save the scoop from the last box. Then when I get down to the scoop that actually belongs in the box, I have two scoops. When the box is empty I recycle it and one scoop. Leaving one scoop for the next box. Which will definitely be needed.

My last question for this column is a really good one. Anybody who knows me knows that we have chickens. Chickens which lay eggs. But no matter what I feed them or how much water I give them I can not get them to lay eggs with EB on them. I see the commercial on TV and every egg has that on it. How do I get my chickens to lay eggs like that? Does anybody?

Til next month!

~Judy~

P.S. Four things need to be added to the happiness list from last month. 1. a good book. 2. a hot bath. 3. a cup of tea. 4. a piece of dark chocolate. Now that is happiness!



Fight Stress with Healthy Habits

Healthy habits can protect you from the harmful effects of stress. Here are 10 positive healthy habits you may want to develop.

1. **Talk with family and friends.** A daily dose of friendship is a great medication. Call or write friends and family to share your feelings, hopes and dreams and ask them to share theirs.
2. **Engage in daily physical activity.** Regular physical activity can relieve mental and physical tension. Physically active adults have lower risk of depression and loss of mental functioning. Physical activity can be a great source of pleasure, too. Try walking, swimming, biking, or dancing every day.
3. **Embrace the things you are able to change.** While we may not be able to do some of the things we once enjoyed, we are never too old to learn a new skill, work toward a goal, or love and help others.
4. **Remember to laugh.** Laughter makes us feel good. Don't be afraid to laugh out loud at a joke, a funny movie or a comic strip, even when we're alone.
5. **Give up the bad habits.** Too much alcohol, cigarettes or caffeine can increase blood pressure. If you smoke, decide to quit now. If you do drink alcohol, do so in moderation.
6. **Slow down.** Try to "pace" instead of "race." Plan ahead and allow enough time to get the most important things done without having to rush.
7. **Get enough sleep.** Try to get six to eight hours of sleep each night. If you can't sleep, take steps to help reduce stress and depression. Physical activity also may improve the quality of sleep.
8. **Get Organized.** Use "to do" lists to help you focus on your most important tasks. Approach big tasks one step at a time. For example, start by organizing just one part of your life—your car, desk, kitchen, closet, cupboard or drawer.
9. **Practice giving back.** Volunteer your time or spend time helping out a friend. Helping others helps you.
10. **Try not to worry.** The world won't end if your grass isn't mowed or your kitchen isn't cleaned. You may need to do these things, but right now might be the right time.

Learn more at: http://www.heart.org/HEARTORG/GettingHealthy/StressManagement/FightStressWithHealthyHabits/Fight-Stress-with-Healthy-Habits_UCM_307992_Article.jsp

Marinated Ranch Broiled Chicken ~ “A great dinner for two!”

Ingredients:

- 2 skinless, boneless chicken breast halves
- 1 (1 ounce) package dry Ranch-style dressing mix
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar

Directions:

1. Combine the dressing mix, oil and vinegar in a large, resealable plastic bag and mix together. Add chicken to bag, seal and shake to coat; work mixture into the meat.
2. Refrigerate to marinate for at least 1 hour, or overnight if possible.
3. Preheat oven to Broil/Grill
4. Remove chicken from bag, discarding any remaining marinade, and broil for 10 to 15 minutes or until cooked through and no longer pink inside.



<http://allrecipes.com/Recipe-Tools/Print/Recipe.aspx?recipeID=17711&origin=detail&servings=2&metric=false>

Fresh Fruit Parfaits Recipe

Ingredients:

- 1/2 cup mixed berry yogurt
- 3/4 cup reduced-fat whipped topping
- 1 cup sliced ripe banana
- 1 cup sliced fresh strawberries
- 1 cup cubed fresh pineapple
- 1 cup fresh blueberries
- 4 whole strawberries

Directions:

- 1. In a small bowl, combine yogurt and whipped topping; set aside 4 teaspoons for topping. Spoon half of the remaining yogurt mixture into four parfait glasses; layer with half of the banana, sliced strawberries, pineapple and blueberries. Repeat layers.
- 2. Top each parfait with reserved yogurt mixture and a whole strawberry. Chill until serving.



<http://www.tasteofhome.com/recipes/fresh-fruit-parfaits/print#ixzz3QuDrDyzB>



March 2015 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Tomato Soup Pepperoni Roll Fruit</p>	<p>3</p> <p>Chicken Liver/Onions Mashed Potatoes Green Beans Hot Roll Juice</p>	<p>4</p> <p>Creamed Tomatoes Boiled Potatoes Biscuit Juice</p>	<p>5</p> <p>Lasagna Coleslaw Fruit Texas Toast</p>	<p>6</p> <p>Corn Dog Ranch Potatoes Jello w/Fruit</p>
<p>9</p> <p>Pinto Beans Onion Greens Applesauce Cornbread</p> <p>Rep. Attorney Gen. Office</p>	<p>10</p> <p>Chicken Tenders Macaroni & Cheese Kale Juice Whole Wheat Bread</p> <p>Planning Committee Meet</p>	<p>11</p> <p>Beef Stew Green Beans Cornbread Juice</p> <p>Roane Home Care BP Clinic</p>	<p>12</p> <p>Vegetable Soup Peanut Butter Sandwich Crackers Fruit</p> <p>Spencer Shopping Trip</p>	<p>13</p> <p>Sloppy Joe Coleslaw Ranch Potatoes Juice Whole Wheat Bun</p> <p>BIG BINGO</p>
<p>16</p> <p>Baked Steak Mashed Potatoes Peas & Carrots Juice Whole Wheat Roll</p>	<p>17</p> <p>Chicken Noodle Casserole Green Beans Whole Wheat Bread Jello</p> <p>St. Patrick's Day Celeb.</p>	<p>18</p> <p>Chili Dog w/Meat Sauce Coleslaw Baked Beans Fruit Whole Wheat Bun</p>	<p>19</p> <p>Soup Bar Crackers Banana Pudding</p> <p>West Fork Bowling Trip</p>	<p>20</p> <p>Hamburger Lettuce/Onion/Mayo Tater Tots Jello w/Fruit Whole Wheat Bun</p> <p>First Day of Spring</p>
<p>23</p> <p>Chicken Patty w/Mayo Ranch Potatoes Broccoli Pudding Whole Wheat Bun</p> <p>Board Meeting</p>	<p>24</p> <p>Steak Hoagie Cheese/Onion/Mayo Corn Fruit Whole Wheat Bun</p>	<p>25</p> <p>Baked Spaghetti w/Meat Sauce Italian Vegetables Fruit Hot Roll</p> <p>Grantsville B-Day Dinner Lifeline Screenings</p>	<p>26</p> <p>Chili w/Meat & Beans Waldorf Salad Cornbread</p> <p>West Fork B-Day Dinner</p>	<p>27</p> <p>Fish Green Beans Coleslaw Fruit Whole Wheat Bread</p> <p>Snack and A Movie</p>
<p>30</p> <p>Pork Chop Sweet Potato Brussel Sprouts Juice Whole Wheat Bread</p>	<p>31</p> <p>Calico Beans Mixed Greens Fruit Cornbread</p>	<p>Menu Subject To Change Without Notice</p>		<p style="text-align: center;">2% Milk And Margarine Served Daily</p>



St. Patrick's Day Word Search Puzzle

Word List

SAINT
PATRICK
IRISH
BLARNEY
BLESSING
EMERALD
LEPRECHAUN
GOLD
GREEN
IRELAND
LIMERICK
MAGIC
PARADE
RAINBOW
SHAMROCK
LUCKY
WISH
FAIRY
MARCH
PARTY
CLOVER
POT
SNAKES

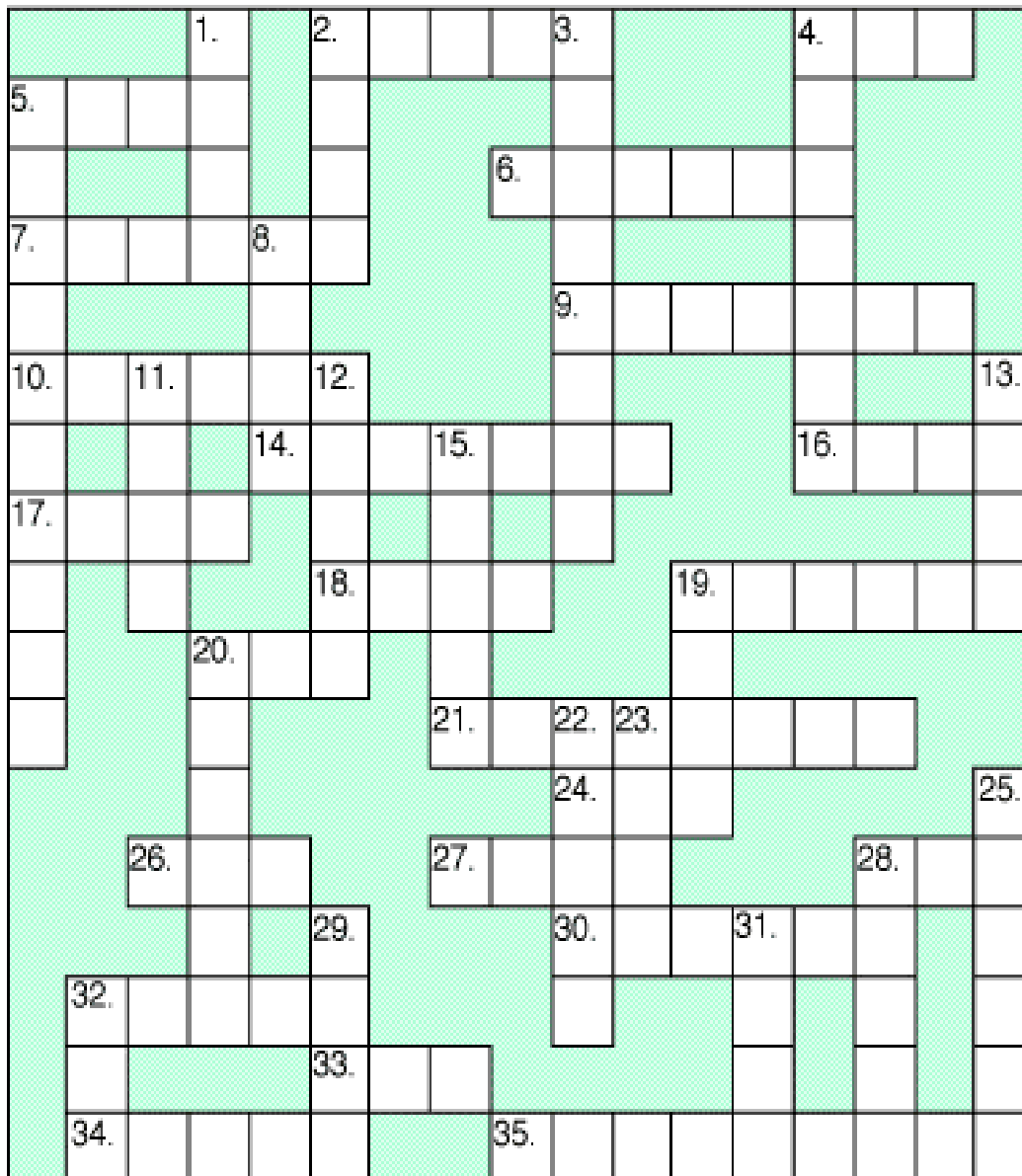
O R L E P R E C H A U N I A P
U S P T L S W W P O T Y U W V
J P A R I H U B C N S A I N T
L A T A M A H L S S F A I R Y
B R R I E M C E I R E L A N D
L T I N R R L S P P A R A D E
C Y C B I O O S S N A K E S A
P M K O C C V I U Z B N K B M
L L X W K K E N J V L P O C U
L E P Z P A R G T U A I H T O
U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

Search the puzzle for the words shown in the word list. Circle each word that you find until you find all of the words in the whole puzzle!





Crossword



Down

1. Body covering?
2. Heal
3. 3 leaved clover
4. St. Patrick was a missionary there
5. Mystical being
8. Short form for corporal
11. Actor's part
12. _____ Patrick
13. X marks the _____
15. Peels of fruits
19. Layer
20. Procession or march
22. To arrive at a final destination
23. Walkway
25. Wrist or ankle injury
28. Household task
29. Measurement
31. Destroy
32. Valuable stone

Across

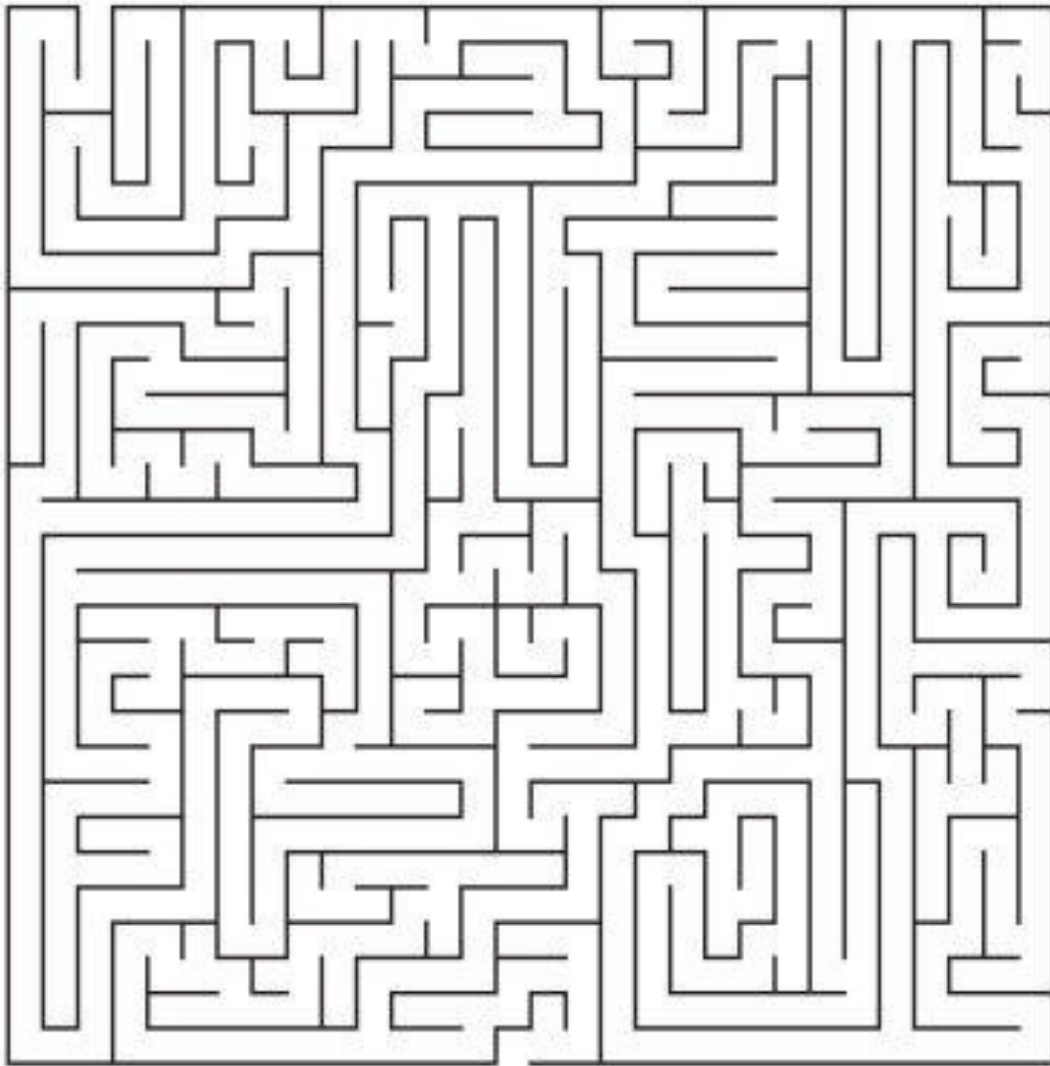
- | | | |
|--------------------------|--------------------------------------|------------------------------|
| 2. Loose change | 17. Give aid | 27. One of the food groups |
| 4. Pens need this | 18. Number less than 10 | 28. Drink container |
| 5. Good _____ | 19. Leprechaun's head wear | 30. God's house |
| 6. Conditional release | 20. _____ of gold | 32. St. Patrick's Day colour |
| 7. King's son | 21. St. Patrick rid Ireland of these | 33. Feline |
| 9. Let go | 24. Hearing organ | 34. St. Patrick's month |
| 10. Mistakes | 26. Opposite of good | 35. St. Patrick's day # |
| 14. Saint _____ | | |
| 16. Let fall, rain _____ | | |



St Patrick's Day Maze



Can you find the way from the rainbow to the pot of gold?



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.

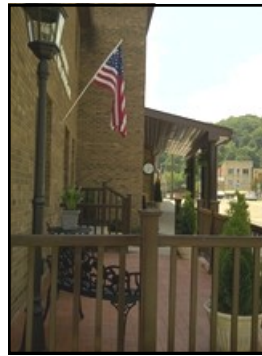
Grantsville Center

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.

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

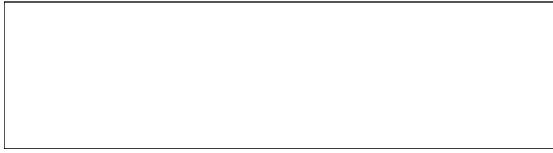
Calhoun County Committee on Aging (CCCOA), an agency providing services to senior citizens of Calhoun County, WV. CCCOA is committed to serving the Senior Citizens (age 60 and over) of Calhoun County, to providing the highest quality services and to be advocates for the greater good of the people we 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
Fax: 304-354-6859
Email: office@cccoa-wv.org



Calhoun County Committee on Aging Inc.