

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



May 2015

Happy Mother's Day & Happy Memorial Day

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Coming Up!

- May 2nd-Town Wide Yard Sale 8-4:00pm
- May 7th-Boat Trip 2:00pm
- May 8th-Mother's Day Dinner Grantsville Site @ 11:30am
- May 10th-Happy Mother's Day
- May 12th-Planning Committee Meeting 1:00pm
- May 13th-Spring Health Fair @ Arnoldsburg Comm. Bld. 7-11:00am
- May 14th-Spencer Shopping Trip 8:30 am
- May 19th-Big Bingo West Fork Site @ 10:00am
- May 21st-Appalachian Glass Trip 11:00am
- May 25th-CLOSED FOR MEMORIAL DAY
- May 26th-Board Meeting 2:30pm
- May 27th- Covered Dish Birthday Dinner 11:30am
Entertainment begins @ 10:30am

May 13, 2015

Spring Health Fair

Arnoldsburg Community Park

7:00-11:00am





May 2015 Grantsville Events



- | | | |
|------------------|---|---|
| May 1st, Fri. | “Healthy Me” | |
| May 2nd, Sat. | Town Wide Yard Sale 8:00 A.M.—4 P.M. |  |
| May 6th, Wed. | Choir Practice 10:30—11:00 A.M. | |
| May 7th, Thurs. | Boat Trip 2:00 P.M. | |
| May 8th, Fri. | Mother’s Day Dinner 11:30 A.M. | |
| May 10th, Sun. | Happy Mother’s Day |  |
| May 12th, Tues. | Planning Committee Meeting 1:00 P.M. | |
| May 13th, Wed. | Choir Practice 10:30—11:00 A.M.
Spring Health Fair 7:00 A.M.-11:00 A.M.
Arnoldsburg—Lab work, Health Care Booths, Door Prizes, Etc. |  |
| May 14th, Thurs. | Spencer Shopping Trip Depart 8:30 A.M.
Cost \$8 from Center, \$10 from Home
TRIP MUST BE PAID AT TIME OF RESERVATION! | |
| May 20th, Wed. | Choir Practice 10:30—11:00 A.M. | |
| May 21st, Thurs. | Appalachian Glass Trip 11:00 A.M. |  |
| May 25th, Mon. | CENTER CLOSED FOR MEMORIAL DAY | |
| May 26th, Tues. | Board Meeting 2:30 P.M. | |
| May 27th, Wed. | Covered Dish Birthday Dinner
Musical Entertainment Provided 10:30—11:30 A.M.
BINGO WILL NOT BE PLAYED TODAY! |  |

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



May 2015 West Fork Events



May 4th, Mon.

Breathe with Joy 9:30-10:00 A.M.
Cards/Line Dancing/ Cornhole 10:30-11:30 A.M.

May 5th, Tues.

Cards/ Line Dancing/Horseshoes 10:30-11:30 A.M.

May 7th, Thurs.

Cards /Cornhole/ Horseshoes 10:30– 11:30 A.M.

May 10th, Sun.

Happy Mother's Day

May 11th, Mon.

Breathe with Joy 9:30-10:00 A.M.
Cards/Line Dancing/ Cornhole 10:30-11:30 A.M.
Mother's Day Dinner 11:30 A.M.

May 12th, Tues.

Cards/ Line Dancing/ Horseshoes 10:30-11:30 A.M.

May 13th, Wed.

Spring Health Fair 7:00 A.M.-11:00 A.M.
Arnoldsburg—Lab work, Health Care Booths, Door Prizes, Etc.

May 14th, Thurs.

Cards /Cornhole/ Horseshoes 10:30– 11:30 A.M.

May 18th, Mon.

Roane Home Care 9:00– 10:30 A.M.
Breathe with Joy 9:30-10:00 A.M.
Cards/Line Dancing/ Cornhole 10:30-11:30 A.M.

May 19th, Tues.

Cards/ Line Dancing/ Horseshoes 10:30-11:30 A.M.

May 21st, Thurs.

Appalachian Glass Trip 11:00 A.M.

May 25th, Mon.

Center Closed for Memorial Day

May 26th, Tues.

Cards/ Line Dancing/ Horseshoes 10:30-11:30 A.M.

May 28th, Thurs.

Cards /Board Games 10:30– 11:30 A.M.
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

Eddie Harris May 1st
Velma Barnes May 3rd
Walter Cain May 4th
Pete Walburn May 5th
Violet Williams May 8th
Betty Gibson May 9th
Linda Lynch May 9th
Colleen Boggs May 10th
Karen Badgett May 11th
Joan Stump May 12th
Mollie Cain May 13th
Ilene Compton May 14th
Harold Ritchie May 14th
Madeline Lamp May 15th
Darrell Shock May 15th
Jim Welch May 16th
Madaline Moore May 17th
Harley Harris May 18th
Bonnie Lemley May 18th
Robert Bennett May 18th
Earnestine Fulks May 18th
Junior Poling May 19th
Jenie Smith May 26th
Howard Lane May 26th
Judy Morton May 27th
Linda Shock 27th
Marlene McCumbers May 28th
Kathleen Cash May 30th
Tex Murphy May 30th

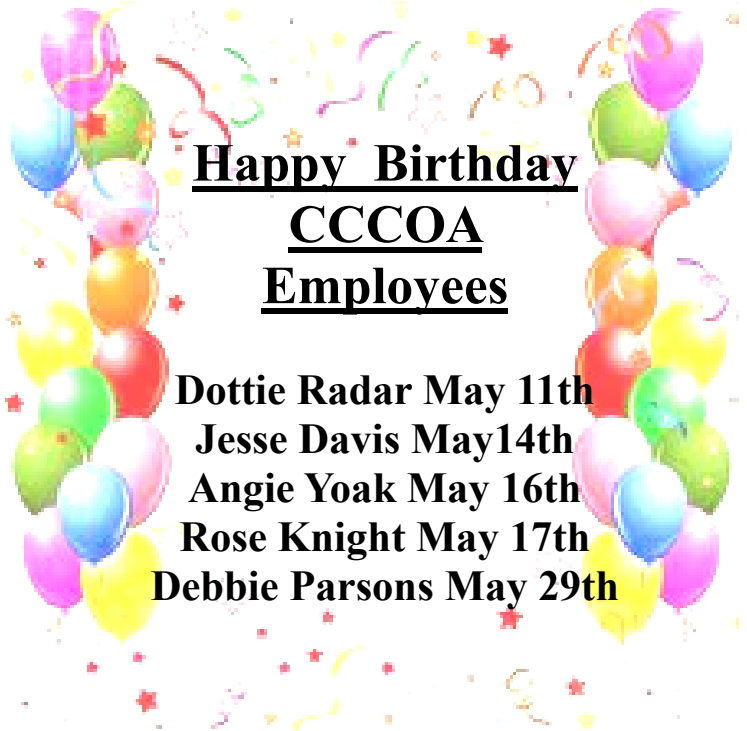


Celebrating April Birthday's at the Grantsville CCCOA:

Standing: Roy Pursley, Eleanor Caltibiano, James Wilt,
Barb Roberts, Sitting: Lenn Phillips, Haymond Conrad

Happy Birthday CCCOA Employees

Dottie Radar May 11th
Jesse Davis May 14th
Angie Yoak May 16th
Rose Knight May 17th
Debbie Parsons May 29th





To the right:
Crazy Hat Day Winners:
Prettiest– Ilene Compton,
Most Original– Alice Cottrell,
Funniest –Patty Little ,
Most Unusual– Alta Mae Richards,



CCCOA West Fork News



Birthday Entertainment was provided by : God's Joyful Singers



Big Bingo Winner: Walter Cain

Senior Journal

Senior men with history of reflux disease need test for Barrett's Esophagus

April 14, 2015 – Men over 60 with 10-year history of a serious form of reflux disease should be screened for Barrett's esophagus, which makes them more likely to develop a rare cancer called esophageal adenocarcinoma.

This recommendation was published by U.K. researchers who also found that invasive procedures are often not the best option to treat and diagnose patients suffering from Barrett's.

While Barrett's esophagus doesn't cause symptoms, many people with Barrett's have gastro esophageal reflux disease (GERD), which does cause symptoms. GERD is a more serious, chronic form of gastro esophageal reflux, a condition in which stomach contents flow back up into your esophagus. Refluxed stomach acid that touches the lining of your esophagus can cause heartburn and damage the cells in your esophagus.

(More about Barrett's Esophagus below news story.)

Publishing their findings in the *American Journal of Gastroenterology*, the researchers looked at a wide range of studies about this condition.

This new research from leading UK institutions - the University of Warwick, and University Hospitals Coventry and Warwickshire (UHCW) NHS Trust - could transform treatments and diagnosis for a common digestive condition which affects thousands of patients.

The esophagus or food pipe (gullet) is part of the digestive system. It is the tube that carries food from your mouth to your stomach. Barrett's Esophagus (also known as BE) and low-grade dysplasia affects approximately 2% of the adult population, particularly men with heartburn, as acid reflux from the stomach can, over time, damage the lining of the esophagus and lead to BE.

BE is seen in people undergoing endoscopy to determine the cause of their digestive problems.

Patients are currently commonly offered surgery for pre-cancerous changes in BE. The researchers found, however, that in most cases, medical therapies and continuous monitoring are more effective to identify and prevent cancer for patients than surgery.

For more information please go to:

http://seniorjournal.com/NEWS/Health/2015/20150414_Senior-men-with-history-of-reflux-disease-need-test-for-Barretts-Esophagus.htm

Spotlight on WV

Andrews Methodist Episcopal Church

The first Mother's Day observance took place at Andrews Methodist Episcopal Church in Grafton on May 10, 1908, the anniversary of Anna Maria Reeves Jarvis's death. Jarvis, whose humanitarian efforts were well known in Taylor County, had worked at Andrews Methodist Episcopal Church for 30 years. She had dreamed of establishing a day to honor mothers, a dream later realized through the advocacy of her daughter, also named Anna.

Located on East Main Street, the two-story red brick structure sits on a cut-stone foundation. From 1873 to 1966, church services were held at Andrews Methodist Church, which was named for Bishop Edward Gayer Andrews from New York State, who was present at the church's dedication, March 16, 1873. In 1966, the United Methodist conference merged the congregation with St. Paul's Methodist and West Main Street Methodist churches, forming the Church of the Good Shepherd.

In 1962, citizens formed the International Mother's Day Shrine Commission. They established the shrine in the parlor at Andrews Methodist Episcopal Church. After the three Methodist congregations merged, Andrews was no longer used regularly as a church. The shrine commission restored the church and opened the entire structure as a shrine in the late 1960s. In 1970, the church was listed on the National Register of Historic Places, and on October 5, 1992, the church became a National Historic Landmark, one of only 16 in West Virginia.

The shrine contains many original church furnishings and displays of Jarvis family photographs and papers. The building is open from April 15 to October 31, and a Mother's Day service is held each year.



Soap Box by Judy

One night a month or so ago I was doing dishes and I heard a scratching noise. I shut off the water and listened for it and yep-there it was again. I tracked the sound to a spot under the bottom shelf of my pantry cupboard. There it was again. I tracked the sound to a spot under the bottom shelf of my pantry cupboard that Frank built for me to store food stuff. Great...what is it that is trying to dig its way into my kitchen? Eventually it stopped. I forgot about it until a few days later.

It was the middle of the night (at least for me as I am a night owl) when I sat up in bed. Something woke me up out of a sound sleep. What was it? PHEW! YUK! CHOKES! GAG! It was a skunk aroma (which, by the way, lingered in the house for days). The next night Frank and I were watching T.V. in our front living room when we heard scratching under the floor in the room we were in. It lasted awhile and then stopped.

The next day the "catch em alive" trap came out and got set by the hole we found dug under the skirting around the house and went on down to under our back living room. Nothing for days even though the trap was always set off. Ah, but then we caught something. It was "GIZZY!" You know the totally destructive but cute as a button CAT! I'd been looking for him all evening and by now it was dark outside. I went out on the side porch to go and get my birdfeeders to bring inside. That's how I raccoon proof my bird seed. I bring it in. As I stepped onto the porch I heard a plaintive "meow."

I let "Gizzy" out of the trap and boy was he ready to come in. He smelled a little "skunky" as that was the trap that sent two skunks to the great beyond. There was nothing for a few days and then we got a possum-- an unhappy possum. He went for a ride, cage and all. He was relocated way back by our barn as was the one we caught the next night. The hole under the house was closed with cement blocks.

So I figured out that the possums lived under the house and the skunk tried to move in. The possums said, "No way-Jose" and chased him or her to the front of the house. The scratching was the skunk trying to find a way out and the spray (pew) was because the possums were chasing it. So all is quiet now and no skunk smell-- YAY!!

I told you before that things happen to me.

Til next month
Judy

Only 168 days until October 15th
and cool weather.

I really hate summer.



Strokes can affect people of all ages and backgrounds. Learn how to safeguard yourself against stroke.

Every 40 seconds, someone in the United States has a stroke. In 2008 alone, more than 133,000 Americans died from stroke—or one person every four minutes—died from stroke, making it the fourth leading cause of death in the United States.

A stroke, sometimes called a brain attack, occurs when a blockage stops the flow of blood to the brain or when a blood vessel in or around the brain bursts. Although many people think of stroke as a condition that affects only older adults, strokes can and do occur in people of all ages. In fact, nearly a quarter of all strokes occur in people younger than age 65.

Each year, almost 800,000 strokes occur in the United States. Strokes often lead to serious, life-changing complications that include

Paralysis or weakness on one side of the body.

Problems with thinking, awareness, attention, learning, judgment, and memory.

Problems understanding or forming speech.

Difficulty controlling or expressing emotions.

Numbness or strange sensations.

Pain in the hands and feet.

Depression.

To help protect yourself and your loved ones, learn what steps you can take to prevent a stroke and how to spot a stroke if one occurs.

Lowering Your Risk for Stroke

Demographic factors such as family history, age, sex, and race/ethnicity can all play a role in an individual's stroke risk. Regardless of your background, however, there are several things you can do to lower your chances of having a stroke.

For example, cigarette smoking contributes to one in every five strokes in the United States. Smoking—and even exposure to second-hand smoke—can thicken the blood and make it more likely to clot. Thicker blood flow can lead to increased plaque buildup in your arteries and damage to the blood vessels leading to the brain, which can cause or worsen a stroke. So, quit smoking—or better yet, don't start.

Smoking cessation: Get help at 1-800-QUIT-NOW.

Exercise regularly.

Eat a healthy diet that's low in sodium.

Maintain a healthy weight.

Prevent or control diabetes.

Limit your alcohol intake (fewer than two drinks per day for men, or one drink per day for women).

Recognizing the Signs of Stroke

When responding to a stroke, every minute counts. The sooner a patient receives medical treatment, the lower the risk for death or disability. If you or someone you know exhibits the following signs or symptoms, call 9-1-1 immediately.

Numbness or weakness of the face, arm, or leg, especially on one side of the body.

Confusion, trouble speaking, or difficulty understanding.

Trouble seeing in one or both eyes.

Trouble walking, dizziness, or loss of balance and coordination.

Severe headache with no known cause.

Remember, getting immediate medical attention for stroke is crucial to preventing disability and death, so don't delay—dial 9-1-1.

http://www.cdc.gov/stroke/stroke_awareness_month.htm

Hillshire Farm Sausage Alfredo

Ingredients:

- 1 pkg, Hillshire Farm Smoked Sausage, diagonally
Cut into 1/4" slices
- 8 oz. pasta, cooked, drained
- 2 cups heavy cream
- 1/2 cup grated Parmesan cheese

Directions:

1. Prepare pasta according to package directions; drain and set aside.
2. Saute sausage in a large skillet over medium-high heat for 5 minutes, turning occasionally.
3. Add cream and Cajun Seasoning; bring to a boil. Reduce heat; simmer gently for 3-4 minutes or until mixture begins to thicken. Remove from heat, stir in Parmesan cheese. Add pasta to sauce and toss.



Tips: For added fresh flavor add 1 cup frozen peas in last 3-4 minutes of cooking pasta. Continue as directed. For added visual appeal, garnish with chopped tomato and sliced green onion, if desired.

<http://allrecipes.com/recipe/hillshire-farm-sausage-alfredo/>

Butterscotch Blondies

Ingredients:

- 1 (18.25 ounce) pkg. yellow cake mix with pudding
- 1/3 cup butter or margarine, softened
- 3 eggs, divided
- 1 cup chopped pecans, toasted

Directions:

1. Preheat oven to 350 degrees F. In Large bowl, beat cake mix, butter and 1 egg at medium speed until crumbly.
2. Press evenly into greased 13x9-inch baking pan. Bake 15 minutes. Remove from oven, sprinkle with pecans and butterscotch chips.
3. In small bowl, beat sweetened condensed milk, remaining 2 eggs and vanilla. Pour evenly over chips.
4. Bake 25 to 30 minutes longer or until center is set. Cool thoroughly. Cut into bars. Store covered at room temperature.



<http://allrecipes.com/recipe/butterscotch-blondies/>



May 2015 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject To Change Without Notice		2% Milk And Margarine Served Daily		1 Baked Chicken Seasoned Rice Spinach Whole Wheat Bread Juice
4 Beef Stew Coleslaw Fruit Cornbread	5 Smothered Pork Chop Buttered Noodles Broccoli Fruit Cobbler Whole Wheat Bread	6 Turkey Split Mashed Potatoes & Gravy Green Beans Fruit Bread	7 Fish & Chips Ranch Potatoes Fruit Hush Puppies Boat Trip	8 Baked Steak Mashed Potatoes & Gravy Carrots Hot Roll Cake G Mother's Day Dinner
11 Spaghetti w/Meat Sauce Steamed Vegetables Fruit Garlic Toast WF Mother's Day Dinner	12 BBQ Chicken Skin Potatoes Pasta Salad Fruit Bun Planning Comm. Meeting	13 Beef Patty w/ Cooked Onions Macaroni & Tomatoes Mandarin Orange Gelatin Whole Wheat Bread Health Fair 7—11am @ Arnoldsburg Park	14 Chicken Pasta Casserole Green Beans Fruit Whole Wheat bread Spencer Shopping Trip	15 Meatloaf Mashed Potatoes Succotash Fruit Bread
18 Roast Turkey Bread Dressing Green Beans Fruit Hot Roll	19 Sausage Gravy Cubed Potatoes Biscuit Baked Apples	20 Potato Soup Corn Dog Crackers Juice	21 Herbed Pot Roast Lightly Buttered Rice Glazed Carrots w/ Parsley Fruit Bread Appalachian Glass Trip	22 Chicken Pot Pie Cottage Cheese w/ Peaches
25 Center Closed For Memorial Day	26 BBQ Ribs Sweet Potato Fries Coleslaw Bread Juice Board Meeting	27 Hot Dog w/Meat Sauce Onion/Ketchup French Fries Fruit Bun Grant. B-Day Dinner	28 Chicken Nuggets Hashbrown Casserole Peas Fruit Whole Wheat Bread Westfork B-Day Dinner	29 Swiss Steak Lightly Seasoned Pasta Mixed Vegetables Fruit Bread

mother's day search

aunt
daughter
family
flowers
gifts
grandma



love
may
memories
mother
son
sunday

a n m a y i k r e d c s
f l o w e r s t c k i w
d e t l k v b g i f t s
n u h t r e q c m a o p
h v e u r e a c n m p l
y t r z m e m o r i e s
q a f f h a b y t l o o
l c v t s u n d a y i n
o a g r a n d m a z n t
v j e w r t h u o p y r
e a q w v b h u j r t o
p d a u g h t e r v f s

Memorial DAY



KKT XGLDLUSCS DRWCBLBQMRP
 JBSMENVSYDREOAPSELZXACA
 NOVOPBEEFZSIEWVBI CUWOTR
 SHDXVWZAVEBACNGECJLDDSA
 FRYFJTCRRKLNWARNTIBJDM
 SIAJAHWTHAJOLEVGV E IIXBE
 WPUWMSSYRVYRQRVITFRFPGS
 SEAQDTLHCCPPEOCEOIAZOE
 LPBNOLBCEAHGPKLJKEVXNWT
 KQLRIURDYDCHKHMCRWSPSSH
 EXMDCSLOS GALFZLTRDLQ QEE
 JAEMRJHLWYSSOLDIERSIRWI
 XACWHFZAPPZUBRQOMXBOSRO
 GEKHTWHAMNAQUVHPEBEBUTY
 QAVBIUDOXECIZYHDM SQZVAV
 CJSWYEKTUORXMWTIBNCBPNA
 BRDITKNEUDKIRD OXREVHLQQ
 QLQPYGLWHUFSCPVSA SOJAHJ
 FSQHYELPBCKVFAJQNFBDMJA
 FKGNNMLFZQLVQSNNCWGWPXC
 RAWMANTEIVUMWNNWEGUIYCN
 TVBCZPLXUVFMPYPKAXGEGUI
 ZGVHZSCUWBLZWUGQAREAWQN

Civil War
Desert Storm
Flags

Heroes
Korean War
Parades

Remembrance
Soldiers
Spanish American War

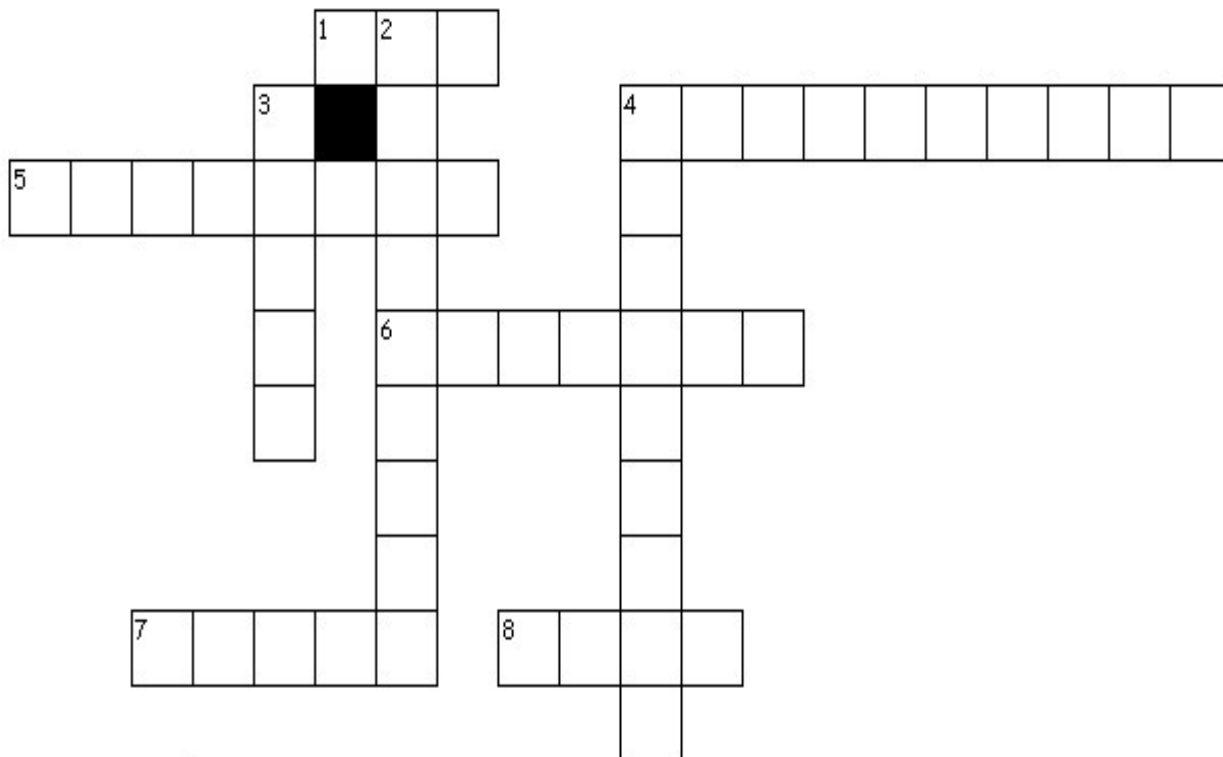
Veterans
Vietnam War
World Wars



Memorial Day

Criss Cross Puzzle

by PartySuppliesShop.com



Across

1. Memorial Day is celebrated during this month
4. Memorial Day was originally called _____ Day
5. _____ General James made a speech at the first celebration.
6. The first state to recognize Memorial Day
7. Memorial Day was proclaimed by General John _____
8. Memorial Day remembers those who have _____ in our nation's service

Down

2. The first speech was made at _____ National Cemetery
3. This holiday dates back to the _____ War
4. Participants helped to _____ all the graves

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:
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Email: office@cccoa-wv.org



Calhoun County Committee on Aging Inc.