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CCCOA NEWS

Calhoun County Committee on Aging
 Post Office Box 619
 Grantsville, WV 26147
 Phone: 304-354-7017 Fax: 304-354-6859

May

Dates To Remember

- May 4** Cake Baking Contest
- May 5** Town Wide Yard Sale
- May 8** **CENTER CLOSED FOR ELECTION DAY!**
- May 10** Shopping Trip Depart @ 8:30 am
TRIP MUST BE PAID AT TIME OF RESERVATION!
- May 11** Mother's Day Dinner
BASKET BINGO– Arnoldsburg Community Building
- May 13** **HAPPY MOTHER'S DAY**
- May 15** **SPRING HEALTH FAIR– Arnoldsburg Community Bld.**
7:00-10:00 am
Planning Committee Meeting @1:30 pm
- May 16** Craft beginning at 9:30 am
- May 18** Genesis Bingo 11:00 am
- May 23** Alzheimer Association Presentation @ 10:00 am
- May 25** SHIP Rep @ 10:45 am
- May 28** **CENTER CLOSED FOR MEMORIAL DAY**
- May 29** Board Meeting 2:30 pm
- May 30** Covered Dish Birthday Dinner
Musical Entertainment Provided 10:30-11:30 am
NO BINGO WILL BE PLAYED TODAY!

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

- May 1st, Tues. Bible Study 10:15 am
- May 2nd, Wed. Roane Home Care Bingo 11:00 am
Choir Practice 10:30-11:00 am
- May 4th, Fri. Cake Baking Contest
- May 5th, Sat. Town-Wide Yard Sale 8:00-4:00 pm
- May 7th, Mon. Healthy Me
- May 8th, Tues. Center Closed for Primary Elections
- May 9th, Wed. Choir Practice 10:30-11:00 am
- May 10th, Thurs. Shopping Trip Depart 8:30 am
TRIP MUST BE PAID AT TIME OF RESERVATION!
- May 11th, Fr. Mother's Day Dinner
Basket Bingo-Arnoldsburg Community Building 6:00 pm
- May 13th, Sun HAPPY MOTHER'S DAY!!
- May 15th, Tue. Spring Health Fair 7:00-11:00 am
Arnoldsburg Community Building- Lab Work, Health Care Booths
Bible Study 10:15 am
Planning Committee Meeting 1:30 pm
- May 16th, Wed. Choir Practice 10:30-11:00 am
Crafts 9:30 am
- May 18th, Fri. Genesis Bingo 11:00 am
- May 22nd, Tues. Bible Study 10:15 am
- May 23rd, Wed. Alzheimer Association-Know the 10 Signs 10:00 am
- May 25th, Fri. SHIP REP. 10:45 am
- May 28th, Mon. CENTER CLOSED FOR MEMORIAL DAY
- May 29th, Tues. Bible Study 10:15 am
Board Meeting 2:30 pm
- May 30th, Wed. Entertainment and Covered Dish Birthday Dinner beginning at 10:30 am
NO BINGO WILL BE PLAYED TODAY!

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

West Fork Events

May 1st, Tues.	Cards/Games 10:30-11:30 am
May 3rd, Thurs.	Carol Barr Bingo 11:00 am Planning Basket Bingo/Cards/Games 10:30-11:30 am
May 7th, Mon.	Cards/Games/Crafts
May 8th, Tues.	Center Closed for Primary Elections
May 10th, Thurs.	Mother's Day Celebration Planning Basket Bingo 10:30 am
May 11th, Fri.	Basket Bingo– Arnoldsburg Community Building 6:00 pm
May 14th, Mon	Cards/Games/Crafts 10:30-11:30 am
May 15th, Tues.	Cards/Games 10:30-11:30 am Spring Health Fair 7:00-10:00 am Arnoldsburg Community Building– Lab Work, Health Care Booths
May 17th, Thurs.	Cards/Cornhole/Games 10:30-11:30 am
May 21st, Mon.	Cards/Games 10:30-11:30 am
May 22nd, Tues.	Cards/Games/Corn Hole 10:30-11:30 am
May 24th, Thurs.	Cards/Games/Corn Hole 10:30-11:30 am
May 28th, Mon.	CENTER CLOSED FOR MEMORIAL DAY
May 29th, Tues.	Cards/Games/Corn Hole 10:30-11:30 am
May 31st, Thurs.	Entertainment and Covered Dish Birthday Dinner beginning at 10:30 am Hospice BP Clinic



Find the Needle

Last month the needle was on page 20. Don't forget to look for the needle in this month's newsletter.

Actual needle size



May Birthdays

- Velma Barnes May 3
- Harley Cain May 4
- Alice Hicks May 4
- Pete Walburn May 5
- Violet Willaims May 8
- Betty Gibson May 9
- Linda Lynch May 9
- Colleen McKown May 10
- Dennis Dickson May 10
- Virginia Judy May 11
- Mollie Cain May 13
- Ilene Compton May 14
- Madeline Lamp May 15
- James Welch May 16
- Harley Harris May 18
- Junior Poling May 19
- Olen Siers May 25
- Jeannie Smith May 26
- Kathleen Cash May 30
- Tex Murphy May 30
- Betty Wilson May 31



Happy 85th Birthday Eleanor Caltabiano

CCCOA Employee



- Karen Badgett May 11
- Dottie Rader May 11
- Debbie Parsons May 29



Entertainment provided by:
Joyce Williams and Ann Lacy
"Brooksville Gals"



Celebrating April Birthdays:
Standing left to right: Anetia Wilson & John Myers
Seated left to right: Barb Roberts & Eleanor Caltabiano





Crazy Hat Day Winners!

Most Original: Joann Ward

Prettiest: Alta Mae Richards

Funniest: Portia Miller

Most Unusual: Debbie Hammons



Crazy Hat Day Participants

Left to Right: Joann Ward, Debbie Hammons, Violet Williams, Ilene Compton, Jean Miller, Portia Miller, Alta Mae Richards and Eleanor Caltabiano



The CCCOA will be closed on **May 8th** due to Primary Elections!

Remember to cast your vote!

Contributors

We appreciate your thoughtfulness and caring gestures. You are invited to help support the services and activities provided by the CCCOA. If you would like to help, please complete this form and send it along with your tax deductible contribution to:

Calhoun County Committee On Aging
P.O. Box 619
Grantsville, WV 26147

Gift of Love



Please indicate where you would like your contribution used:

- Nutrition Program
- Transportation Program
- Activities
- Unspecified

In Loving Memory Of: _____

You may choose to remain anonymous!

CCCOA received an outpouring of support and donations for the Mix and Match Bingo we hosted Saturday, April 21, at the Grantsville Senior Center. The Bingo was to raise funds to support CCCOA's Nutrition and Transportation Programs, which have suffered from reduced State and Federal funding over the past several years while costs of all elements of those services have increased – and CCCOA is grateful for individual and corporate public support.

Once again, thank you for your generosity and support, it is greatly appreciated.
We look forward to seeing you at future events.

Advanced Auto	Ellen Shock	Mickaylee Cowan
Alta Mae & Hobert Richards	Eric Lupardus with	Miller's Kwik Stop
Amanda Morris with	"The Outdoor Store"	Napa
"DoTerra"	Family Dollar	Pam & Cokey Gain
Amber Blair	Faye & Steve Barnhart	Patty & Donald Little
Anetia Wilson	FRN and The Thrift Store	Pearle Johnson
Auto Zone	George & Terry Bee with	Pepsi
B. Miller Excavating	"Sanger Farms"	Portia & Steve Miller
Barb Rose	Grace & David Patten	Prosecuting Attorney
Bob Evans Restaurant	Grantsville Foodland	Shannon Johnson
Brandy Lupardus with	Grantsville Lions Club	Rev. Carroll & Dorothy
"Jus Teasin"	Hardman's	McCauley
Brenda & Larrie Sisson	Home Depot	Rubi's Pizza & Grill
Calhoun Banks	J.B. Drug	Rural King
Calhoun County Park	Jacky Rogers	Sam Nicholson
Calhoun Historical Society	Jason Nettles	Samantha Wilson
Carol Cozart	Jenna Jett	Samantha & Rick Poling
Carol & Kevin Kanalley	Jessie Wilson "Lula Roe"	Sarah Carpenter with
Cheri White	Jim & Evelyn McCormick	"Thirty-One"
"Premiere Jewelry"	Jim & Juanita Bell	Service Plus
Cheryl Frye "Lula Roe"	Jimmy Columbo's	Shoney's
Cindy & Burl Cottrell	Joann & Denzil Ward	Steven Cunningham
Commissioner Kevin Helmick	Judy Powell	Sweet Frog
Commissioner Michael Hicks	Lainey Moore with	Tim Hortons
County Clerk Jean Simers	"Paparazzi Jewelry"	Wesley & Amy Rogers with
Cracker Barrel Restaurant	Linda & Roger Jarvis	"Calhoun Auto Care"
Debbie & Gary Hammons	Magistrate Lora Davis	Willadene & Duane Poling
Delegate Roger Hanshaw	Magistrate Rick Postalwait	Zeb Ritchie with
Edward Lawaty	Maricia & Andy Mlynek	"Calhoun Insurance"
Eleanor Caltabiano	MHHS	

What a great reminder and example of how we should all strive to be.

IT DOESN'T COST YOU ANYTHING TO BE KIND

It's not that hard.

My Mom has taught me a lesson my whole life that has truly changed the way I perceive the world and other people. For as long as I can remember, every time I complain about someone or vent to her about people driving me nuts, she consistently reminds me: "Lauren, just be nice".

My Mom isn't wrong. She's actually spot on. It really isn't hard to just be nice to people. Think before you speak, treat others how you wish to be treated, the whole thing.

Nobody is asking you to out of your way to be incredibly extroverted to every single stranger you encounter. Nobody needs you to be fake happy for them or pretend to be interested when you are not. The simple concept of just being kind to others is something we should always have in our minds and exercise.

There are people fighting battles around you every day that you know nothing about. You have things going on in your life that plenty of people do not know or appreciate. You deserve others to be kind to you, and they deserve the same.

This being said, this article is to serve as a reminder:

A reminder that you are lucky to be here, reading this.

You are lucky to be where you are and to have people in your life that you have.

That even if you feel alone, you will always have someone.

It is a reminder that everyone is dealing with things you know nothing about.

It is a reminder that there is always someone there for you, no matter how it feels.

And it is a reminder that you can make a genuine impact on others by **simply being kind**.

It doesn't cost you anything to be nice to others.

So before you speak about things you do not know, remark on things you do not understand or say things you do not mean. Please remember that nothing can make a difference like simple, genuine, kind words can. You and everyone around you deserves to feel appreciated and included. So although it may be easier to be hurtful, laugh something off, or not to say anything at all, try to find nice words to say instead.

Try to be the someone that someone else needs today.

In the words of Joe Newton,

"It is nice to be great, but far greater to be nice"

<https://www.theodysseyonline.com/letter-child-self>



Simply The Best Chicken Waldorf Salad



Preheat oven to 325 degrees F (165 degrees C). Spread chopped walnuts onto a baking sheet. Roast walnuts in the preheated oven until they are fragrant and browned, 3 to 5 minutes. Remove and let cool.

Lightly toss chicken with grape halves, cranberries, apple, walnuts, and onion in a salad bowl. Whisk mayonnaise, vanilla yogurt, and lemon juice in a separate bowl. Pour dressing over salad and toss again to coat.

Green Bean & Potato Salad

"A twist on potato salad. Green beans and potatoes are served in a Dijon mustard and balsamic vinaigrette."

Ingredients

1 1/2 pounds red potatoes
3/4 pound fresh green beans, trimmed and snapped
1/4 cup chopped fresh basil
1 small red onion, chopped
salt and pepper to taste
1/4 cup balsamic vinegar
2 tablespoons Dijon mustard
2 tablespoons fresh lemon juice
1 clove garlic, minced
1 dash Worcestershire sauce
1/2 cup extra virgin olive oil

Directions

Place the potatoes in a large pot, and fill with about 1 inch of water. Bring to a boil, and cook for about 15 minutes, or until potatoes are tender. Throw in the green beans to steam after the first 10 minutes. Drain, cool, and cut potatoes into quarters. Transfer to a large bowl, and toss with fresh basil, red onion, salt and pepper. Set aside.

In a medium bowl, whisk together the balsamic vinegar, mustard, lemon juice, garlic, Worcestershire sauce and olive oil. Pour over the salad, and stir to coat. Taste and season with additional salt and pepper if needed.



Upcoming Day Trips!

**Shopping Trip
May 10th**

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

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



Town Wide Yard Sale

WHEN: Saturday, May 5, 2018

TIME: 8 AM to 4 PM

WHERE: Grantsville

WHAT: Yard/Garage Sales, Car Washes,
Bake Sales, Food Sales and more...



**To register, call Calhoun County Committee on Aging
by April 27th: 304-354-7017**



*Sponsored by the CCCOA
(not responsible for accidents)*



QUILT RAFFLE



The CCCOA is raffling off tickets for a beautiful King Size quilt.

Drawing on Friday, May 11th

(Need not be present to win)

Proceeds will go to the West Fork CCCOA Seniors.

Tickets are being sold for \$1 each or 6 for \$5.

Ticket Purchasing can be done at the CCCOA in Minnora call 304-655-8805 or at the Basket Bingo at the Arnoldsburg Community Building on May 11th at 6:00 P.M.

**SPONSORED BY:
CALHOUN COUNTY COMMITTEE ON AGING**

2018 Spring Health Fair

**May 15, 2018 ~ 7:00 to 10:00 a.m.
Community Building in Arnoldsburg,**

Visit a variety of health care booths, some with free samples.
Low cost or FREE screenings
See local media for prices on blood work.
Lab will be open 7-10 a.m.



CCCOA
105 Market Street
P.O. Box 619
Grantsville, WV 26147
Phone: 304-354-7017
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Email:
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Sponsored by Calhoun
County Committee on Aging
(CCCOA)

In collaboration with Minnie
Hamilton Health System and

The WV Bureau of Senior
Services (BOSS)

alzheimer's  association®

KNOW^{the} 10 SIGNS

EARLY DETECTION MATTERS

WHAT'S NORMAL? WHAT'S NOT?

KNOW THE 10 SIGNS OF ALZHEIMER'S DISEASE

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future.



800.272.3900 • alz.org/wv

*Provided through funding by the
Parkersburg Area Community Foundation*

MAY 23, 2018 • 10:00AM

CALHOUN COUNTY COMMITTEE ON AGING

105 MARKET STREET, GRANTSVILLE, WV

CONTACT: 800.272.3900 OR WVINFO@ALZ.ORG

alzheimer's  association®

March was not a good month for me. It started out on the 1st day. Let me go back and explain. Every spring I buy some pretty flowers to plant in pots on my front porch and the steps going up to it. I also have a few hanging baskets. In 2015 I bought flowers and got them all planted except one. It was a pretty pink petunia. I scrounged up an old white plastic planter and planted “petunia.” It bloomed all summer.

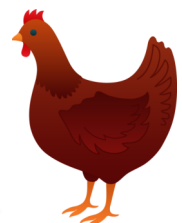
Come fall, all of the plants died off. That includes “petunia.” We have a tall soft, fir tree at the corner of the porch which deer love to eat. It looks lopsided because they eat the bottom. I said, “I’ll fix you.” I covered it with old sheets that were held on with snap clothespins. The bottom was loose and had to be held with something. AHA! “Petunia’s” heavy white pot. I slid it in against the bottom of the tree and it did its job.

Spring came and I went to unwrap the tree. As I was doing so something caught me eye. It was a pink spot under the tree. My “petunia!” I put it in the house on the south window sill. That one pink petunia grew and grew and grew. It bloomed like crazy. I’m sure that it had at least 100 flowers. It was all over the window sill.

But on the first of March when I went to water it -it was drooping and water didn’t help. I guess that it had bloomed itself out. I was sad. I put a green plant on the window sill but it’s not the same. It’s not pretty and it’s not pink!

To top off March my red chicken died. She was still laying up to her demise. I still have “Buffy” and she is still laying. The 7 pigeons will live forever...sad March.

‘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 or stop by the
Calhoun County Committee on Aging
located at
105 Market Street, Grantsville, WV 26147

May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2% Milk & Margarine Served Daily</p>	<p>1 Roasted Beef Round Mashed Potatoes Broccoli Pineapple Chunks</p>	<p>2 Pinto Beans Onions Green Beans Mandarin Oranges Cornbread</p>	<p>3 Oven Baked Chicken Rice Spinach Fruit Salad Whole Wheat Bread</p>	<p>4 Baked Beans w/ wieners Cubed Potatoes Kale Cornbread</p>
<p>7 Spaghetti w/ meat sauce Tossed Green Salad Pears Whole Wheat Garlic Toast</p>	<p>8 CENTER CLOSED FOR ELECTION DAY</p>	<p>9 Chicken Patty w/bun Ranch Potatoes Fruit Whole Wheat Bread</p>	<p>10 Beans Cornbread Greens & Onions Peachy Crisp</p>	<p>11 Cook's Choice</p>
<p>14 Macaroni Cheese & Chicken Tenders Spinach Fruit Whole Wheat Bread</p>	<p>15 Hamburger w/ Lettuce/tomato/ Onions & pickles Potatoes Fruit Whole Wheat Bun</p>	<p>16 Cook's Choice</p>	<p>17 Pork Chops Potatoes Greens Whole Wheat Bread</p>	<p>18 Fish Potatoes Green Beans Pineapple Whole Wheat Bread</p>
<p>21 Baked Steak w/ Mashed Potatoes & Gravy Corn Fruit Medley</p>	<p>22 Cold Ham & Cheese Sandwich w/ Mayo, Pickle & Onion Baked Beans Berries</p>	<p>23 Chicken Cauliflower Green Beans Apricots Whole Wheat Bread Juice</p>	<p>24 Stuffed Peppers Mashed Potatoes Peas Whole Wheat Roll</p>	<p>25 Northern Beans Kale Cornbread Pudding</p>
<p>28 CENTER CLOSED FOR MEMORIAL DAY</p>	<p>29 Cook's Choice</p>	<p>30 Beef Noodles Peas Fruit Cocktail Whole Wheat Roll</p>	<p>31 Creamed Tomatoes Boiled Potatoes Sausage Patty Biscuit</p>	<p>Menu Subject To Change Without Notice</p>

KAREN'S

♥ Mother's Day ♥

CROSSWORD

WWW.KARENKAVETT.COM @KARENKAVETT

1	2	3	4	5	6			7	8	9		10	11
12								13				14	
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62				63		64		65		66	67		
68				69					70				
71				72					73				

ACROSS

- 1 What you might call a parent who has a full-time job, takes care of her kids, and keeps a spotless household
- 7 It ain't nothing but a number, according to Aaliyah
- 10 Where the Liberty Bell lives, for short
- 12 Decide to like something again?
- 13 British word for the theme of this puzzle
- 14 Prohibit
- 15 You might cheer when your team is doing this
- 17 ___ I Am
- 18 "___ you not entertained?"
- 19 Beer
- 20 Abbreviation for the Knoxville, TN airport, or an anagram for a pigpen
- 22 Indian spice
- 24 Name for a recent presidential candidate if his family was called the Nush's and named their kids like the Kardashians
- 25 To do better than someone else, with "up"
- 26 British word for your rear end
- 27 Fo' sho'
- 29 A baby does this to a diaper

- 32 One was caused by zoot suits
- 33 [They're the ones who type like 3 year olds, not me, I swear!]
- 35 There are three in the answer to this clue
- 37 ___ Androids Dream of Electric Sheep?
- 39 You might put this under a flashlight to get out of going to school
- 42 Jr.'s father
- 43 Able to be changed
- 45 Who you gonna call...when your car breaks down
- 47 Intersection
- 48 Multiply this to add a 0
- 51 "Yes, ___," the first rule of improvisation games
- 53 "If you want to know what I think" abbreviations
- 54 Female tribute from District 11 in The Hunger Games
- 55 1150, to someone who doesn't know how Roman Numerals work
- 57 If mass and velocity are constant, this has to stay constant as well
- 60 Traditional Thanksgiving food
- 61 We share 50% of it with bananas
- 62 A to ___ C to D

- 63 Remind incessantly
- 65 What you might say to a toddler after they knock over their cup
- 68 Not working anymore, for short
- 69 Change the color of something
- 70 "I'm ___" -me the morning after every workout
- 71 George Clooney's workplace, on TV
- 72 The sound a ghost might make
- 73 What you might call a parent who is also your trusted advisor

DOWN

- 1 Lazy ___
- 2 What Jesse did to DJ, Stephanie, and Michelle
- 3 "At my old school..." girl in The Magic School Bus, for one
- 4 Word before buds or ache
- 5 Rearrange these letters to get a big name in fabric dye
- 6 Souvenirs
- 7 Mornings
- 8 The best part of your Chipotle meal, informally
- 9 Jane Austen classic
- 10 They might block the sun, if you lived in Victorian times
- 11 Tool for measuring wind speed
- 14 It might give you food poisoning at a barbeque joint
- 16 Lady-parts doctor, informally
- 21 The scientific study of earthquakes
- 23 What old-school cheerleaders might yell
- 28 Most athletic
- 30 Heavy-duty soap
- 31 ___ & Pppr - Wheel of Fortune clue for someone who refuses to buy a vowel
- 34 Half of a popular dance
- 36 ___ Michele of "Glee"
- 37 You might call a pair of jeans this if their wash goes from light to dark
- 38 What Ferris spun backwards so Cameron wouldn't get in trouble
- 40 Opposite of flow
- 41 O ___ Owl
- 44 The worst thing you could hear at a wedding
- 46 "What ___" -Harmonie after Harry flies to rescue the Remembrall
- 49 Four of the first letters guessed in Hangman
- 50 Yet another animal mother who got killed off at the beginning of a kid's movie
- 52 Money south of the border
- 56 Word before tag or dome
- 58 Ctrl-Z
- 59 Condiment that people either love or hate, informally
- 64 Prefix before -metry or -graphic
- 66 Society that's meeting at the Independence Inn when it catches on fire, in Gilmore Girls
- 67 Worst thing to give to a scammer, for short



Mother's Day Word Search

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

APPRECIATE
CAKE
CARD
CHERISH

CHOCOLATE
FAMILY
FLOWERS
GIFT

LOVE
MOM
SUNDAY
THOUGHTFUL



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.

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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.

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

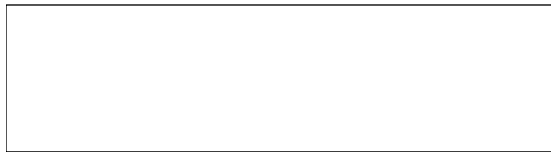


West Fork Center

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





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Calhoun County Committee on Aging Inc.