

CCCOA NEWS

**Calhoun County Committee on Aging
 PO Box 619, 105 Market Street, Grantsville, WV
 Phone: 304-354-7017 Fax: 304-354-6859**



Happy Thanksgiving November 2015



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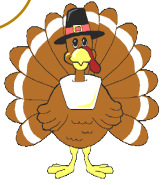
Highlights in November

- Nov 1st- Daylight Savings Time Ends (Turn clocks back 1 hour)
- Nov 4th-Semi-Annual Health Fair 7:00-11:00am
- Nov 5th- Pettyville Shopping Trip Depart 8:30am
- Nov 6th - Healthy Me
- Nov 10th - Planning Committee Meeting 1:00pm
- Nov 10th- Veterans Dinner 11:00am at Grantsville
- Nov 11th- CENTER CLOSED FOR VETERANS DAY
- Nov 12th- Spencer Shopping Trip Depart 8:30am
- Nov 13th- Genesis Bingo 11:00-11:30am
- Nov 16th- Roane Blood Pressure Clinic @ West Fork 9:00-11:30am
- Nov 18th- Genesis Dementia Presentation 10:30am
- Nov 18th- Foster Grandparents Meeting 10:00am
- Nov 19th- Spencer Bowling Trip 10:00am
- Nov 20th- SHIP Rep. Medicare Presentation 10:45am
- Nov 23rd- Board Meeting 2:30 pm
- Nov 24th- Westfork Birthday Dinner 10:30-11:30am
- Nov 25th- Grantsville Birthday Dinner 10:30-11:30am
- Nov 26th- CENTER WILL BE CLOSED FOR THANKSGIVING
- Nov 27th- CENTER WILL BE CLOSED FOR THANKSGIVING

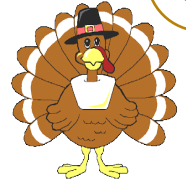
Notice!!!

**25 Days of Christmas raffle began on October 1st.
 Various Seniors are selling our tickets,
 or you may buy one at either center for \$10 each.
 For more information please call
 304-354-7017 or 304-655-8805.**





November 2015 Grantsville Events



Nov. 1st, Sun.

Daylight Savings Time Begins

Nov. 4th, Wed.

**Semi-Annual Health Fair 7:00—11:00 A.M.
Choir Practice 10:30—11:00 A.M.**

Nov. 5th, Thurs.

**Pettyville Shopping Trip Depart 8:30 A.M.
Cost \$12 from Center, \$15 from Home
Trip must be paid at time of reservation!**



Nov. 6th, Fri.

"Healthy Me"



Nov. 10th, Tues.

**Planning Committee 1 P.M.
Veteran Dinner 11:00 A.M.**

Nov. 11th, Wed.

CENTER CLOSED FOR VETERANS DAY

Nov. 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!**



Nov. 13th, Fri.

Genesis Bingo 11:00-11:30 A.M.



Nov. 18th, Wed.

**Genesis Dementia Presentation 10:30 A.M.
Foster Grandparents Meeting 10:00 A.M.
Choir Practice 10:30—11:00 A.M.**

Nov. 20th, Fri.

SHIP Rep. Medicare Presentation 10:45 A.M.

Nov. 23rd, Mon.

CCCOA Board Meeting 2:30 P.M.



Nov. 25th, Wed.

**Covered-Dish Birthday/ Thanksgiving Dinner
Musical Entertainment Provided 10:30—11:30 A.M.
NO BINGO WILL BE PLAYED TODAY!**

Nov. 26th, Thurs.

CENTER WILL BE CLOSED FOR THANKSGIVING

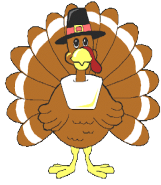
Nov. 27th, Fri.

CENTER WILL BE CLOSED FOR THANKSGIVING

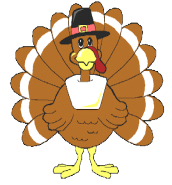




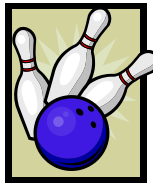


Rummy, Yahtzee, Dominos Daily 8:00— 11:00 A.M.

Bingo will be played daily from 11:00—11:30 A.M. unless otherwise stated.



November 2015 West Fork Events



- | | | |
|-------------------|---|---|
| Nov. 2nd, Mon. | Line Dancing/Cards/Crafts 10:30-11:30 A.M. | |
| Nov. 3rd, Tues. | Line Dancing/Cards 10:30-11:30 A.M. |  |
| Nov. 5th, Thurs. | Cards/Horse shoes/Corn Hole 10:30-11:30 A.M. | |
| Nov. 9th, Mon. | Line Dancing/Cards/Crafts 10:30-11:30 A.M. |  |
| Nov. 10th, Tues. | Line Dancing/Cards 10:30-11:30 A.M.
Veteran Dinner 11:00 A.M. | |
| Nov. 12th, Thurs. | Cards/Horse shoes/Corn Hole 10:30-11:30 A.M. |  |
| Nov. 16th, Mon. | Roane Health Care BP Clinic – 9:00-11:30 A.M.
Line Dancing/Cards/Crafts 10:30-11:30 A.M. | |
| Nov. 17th, Tues. | Cards/Line Dancing 10:30-11:30 A.M. | |
| Nov. 19th, Thurs. | Spencer Bowling Trip 10:00 A.M. | |
| Nov. 23rd, Mon. | Line Dancing/Cards/Crafts 10:30-11:30 A.M. |  |
| Nov. 24th, Tues. | Entertainment/ Birthday/
Thanksgiving Dinner 10:30-11:30 A.M. | |
| Nov. 26th, Thurs. | CLOSED –Happy Thanksgiving |  |
| Nov. 30th, Mon. | Line Dancing/Cards/Crafts 10:30-11:30 A.M. | |

Exercise 9:00– 9:30 A.M./Socializing 9:30-10:00 A.M. daily unless otherwise stated.
Bingo will be played daily from 10:00–10:30 A.M. unless otherwise stated

The Birthday Page

November Birthdays

Judy Powell Nov 3rd
Virginia Swart Nov 3rd
Ruby Laughlin Nov 4th
Louise Cheesebrew Nov 7th
Jacqueline Blankenship Nov 7th
Jeanie Whipkey Nov 7th
Sandy Satterfield Nov 8th
Sue Cottrell Nov 9th
Roberta Wilson Nov 10th
Willa Kelly Nov 11th
Gale Neely Nov 14th
Donald Smith Nov 16th
Eric Green Nov 16th
Robert Groves Nov 18
John Klapka Nov 18th
Denver Nicholas Nov 18th
Ronald Hosey Nov 20th
Mary Bragg Nov 25th
Roger Bush Nov 25th
Susan Barr Nov 26th
Hobert Richards Nov 26th
Melva Stull Nov 29th
Bruce Schoolcraft Nov 29th



Celebrating October Birthdays
at the Grantsville CCCOA:

Seated: Joann Auvil &
Anne McFee
Standing: Loretta Smith &
Leon McDonald Jr.



Dinner Entertainment

Rick Poling
and
Tracy Miller

Thank you both for the
wonderful entertainment!



CCCOA Employees
Rick Poling Nov 4th



Celebrating October Birthdays
at the Westfork CCCOA:

Virginia McCumbers and Betty Ellison

CCCOA Grantsville News



The winners of the 2015 Halloween Costume Party at the CCCOA were as follows:

Left-Right: Ray Tingler- Participant, Hazel Tingler- Silliest, Alice Cottrell- Scariest, Alta Mae Richards- BEST OF SHOW, Violet Williams- Prettiest, Jean Miller- Participant, Loretta Smith- Most Original, Iline Compton- Most Unusual



Batman (Rick Poling) and his pack (Brenda Sisson, Maricia Mlynek, and Samantha Cowan)



Nutritional Team: Ellen Shock, Cindy Cottrell, and Anetia Wilson



Left: Odus Miller enjoying good conversation with friends.

Right: Madeline Lamp enjoying birthday dinner Entertainment.





Spencer Bowling Trip:

Front Row: Left to Right: Hazel Tingler, Jessie Hickman, Guest, Ford Wilson, Betty Ellison
Back Row: Left to Right: Ray Tingler, Arlena Jarvis, Sharon Knotts, Earnestine Fulks, Ruth Morris,
Randy Wilson, Guest.



The above photo is of a rocking chair, in which the West Fork Site has commemorated in honor of the late Scott Bailey, (featured in the photo on the right) who spent many hours at the senior center.



The CCCOA West Fork Site would like to thank everyone who purchased and sold tickets, for the gun raffle. The winning ticket was purchased by Bernard Harris. Congratulations Bert!

20 WARNING SIGNS YOUR PARENT NEEDS HELP AT HOME

Maybe you've noticed that dad's unopened mail is piling up. Or mom, once meticulous about her appearance, is wearing wrinkled clothes and not doing her hair. Perhaps there are bruises on your aging parent's arms. When you bring up the subject, you hear, "Everything is fine. There's no need to worry."

Admitting they need help would mean they can't take care of themselves anymore, and no one wants to lose their independence. "Denial is the unrealistic hope that a problem is not really happening and will go away by itself. Admitting they need help and accepting assistance is not easy for people as they age. It represents a loss of independence. Denial plays a major role – and signs get ignored," says Paul Hogan, Founder and Chairman of Home Instead Senior Care.

The burden often falls on the family to recognize the signs that an aging parent might need help with daily living tasks.

This doesn't necessarily mean that your loved one has to go to assisted living or a nursing home, but they may need some extra help in their home. If they're not willing to admit it, how do you know if your elderly parent needs home care?

Here are signs that may indicate your parent needs help at home:

- Spoiled food that doesn't get thrown away
- Missing important appointments
- Unexplained bruising
- Trouble getting up from a seated position
- Difficulty with walking, balance and mobility
- Uncertainty and confusion when performing once-familiar tasks
- Forgetfulness
- Unpleasant body odor
- Infrequent showering and bathing
- Strong smell of urine in the house
- Noticeable decline in grooming habits and personal care
 - Dirty house, extreme clutter and dirty laundry piling up
- Stacks of unopened mail or an overflowing mailbox
- Late payment notices, bounced checks and calls from bill collectors
- Poor diet or weight loss
- Loss of interest in hobbies and activities
- Changes in mood or extreme mood swings
- Forgetting to take medications – or taking more than the prescribed dosage
- Diagnosis of dementia or early onset Alzheimer's
- Unexplained dents and scratches on a car

For more information go to: <https://www.agingcare.com/Articles/signs-your-parent-needs-help-143228.htm>

Spotlight on WV

WEST VIRGINIA VETERANS MEMORIAL

The West Virginia Veterans Memorial is a two-story oval shaped monument honoring more than 10,000 West Virginians who made the ultimate sacrifice in defending the nation in twentieth century conflicts. Composed of four limestone monoliths surrounded by a reflecting pool, the interior walls are faced in polished black granite etched with the names of these men and women. The Memorial was designed by P. Joseph Mullins, who also sculpted the four figures representing the four major twentieth century conflicts and the four major branches of military service.

Begun as a privately funded undertaking, the Veterans Memorial Commission spearheaded these efforts as it undertook compiling the names to be honored on the Memorial. After the official groundbreaking ceremony on June 22, 1990, the foundation was completed the year after and the monolith cores in 1992. Work was performed under direction of ZMM, Inc. architects and G & G Builders. The 1994 legislature provided for lottery revenues to supplement fund-raising efforts, moving the project to a more rapid completion. With installation of the final sculpture in 1999, the cost of the Memorial and data on the inscribed names approached four million dollars. The project continues through the work of the Veterans Memorial Archives, which compiles additional background information on each veteran honored on the Memorial, to be placed in a database and accessible to the public through the West Virginia State Archives.

Dedication of the Memorial, with the World War II sailor sculpture, took place on Veterans Day 1995, ten years after the appointment of the original West Virginia Vietnam Veterans Memorial Commission. In Veterans Day ceremonies in 1997 - 99, the bronze sculptures of a World War I dough boy, a Korean aviator, and a Vietnam Marine, respectively, were dedicated. Each figure is in full gear, authentic to the period and rank represented, as meticulously researched by the sculptor.

The West Virginia Veterans Memorial is part of the State Capitol Complex in Charleston. To visit the Memorial, take Exit 99 (State Capitol/Greenbrier St.) of Interstate 64/77. Pre-pay parking (**bring quarters!**) is available on the Capitol Complex. Additional visitor parking is available at Laidley Field on Elizabeth St. with shuttle service to the complex.



Soap Box by Judy

Here I am again with a complaint. SO drag out the soap box. It takes awhile for me to get up on it with the bad knees and all.

Okay, here goes. I understand the child proof caps on the bleach bottles, medicine bottles, and mouthwash. Although in retrospect, I don't know any children who would actually want to drink bleach or mouthwash. Yuk!! But tell me why the top of baby powder? As I recall, baby powder tops had to be twisted so the holes would either be open or closed. I also remember that it was hard to twist. So a baby twisting it open is out. But also don't forget that my baby is 49 years old. That's past middle age. Wow!

Now back to my dilemma and the opening of my baby powder container. It took me about ten minutes to get the plastic off from around the top. I used a knife and scissors. At last the plastic is off -now you just twist the top-right? Wrong. There is a white circle of something on the top. It won't peel off and it isn't budging. I think that it is made of something indestructible.

But never ever mess with a woman who wants this container opened. AHA! Scissors are in my hand and I will win THIS fight. Stab, stab, stab, stab, now we have holes. Lots of holes. No more of that twisting stuff. I will admit that the powder runs out a little faster but that's okay because I put it in a powder box. Hmm... I wonder why they call it a powder box because it's round. Oh, well. I won the fight and I have powder. Yay!

P.S.

I wish to thank Maricia and all of her cohorts for a fun time in the park on October 17th. "Legends & Lore" was a hit with my friends from Pennsylvania too. We loved it.



My Favorite Recipe

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TURKEY TURNOVERS WITH APRICOTS AND ALMONDS

INGREDIENTS:

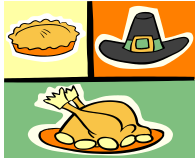
- 1/2 c. long-grain white rice
- 1/2 c. sliced almonds
- 1 tbsp. olive oil
- 1 large onion, chopped
- Kosher salt
- Black pepper
- 2 tsp. ground cinnamon
- 2 c. shredded leftover turkey or rotisserie chicken
- 1-2 c. dried apricots (about 14). Sliced
- 1/2 tsp. orange zest
- 1/2 c. sour cream
- 1/2 c. cilantro, roughly chopped
- Flour for the surface
- 2 refrigerated rolled pie crusts
- 1 large egg



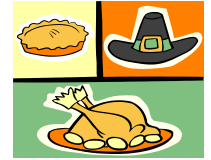
DIRECTIONS:

1. Heat oven to 400 degrees. Line a baking sheet with parchment. Cook the rice according to package directions.
2. Spread almonds onto a separate baking sheet and roast in oven until lightly golden brown, about 5 to 7 minutes. Transfer almonds to a bowl.
3. Heat the oil in a large skillet over medium heat. Add the onion, season with 1/2 teaspoon salt and 1/4 teaspoon pepper and cook, covered, stirring occasionally until tender, 6 to 8 minutes. Stir in the cinnamon and cook for 1 minute. Add the cooked rice, turkey, apricots and zest and toss to combine. Fold in the sour cream, then the cilantro and almonds.
4. On a lightly floured surface, unroll the pie crusts and roll each to 12 inches diameter. Cut each crust into 4 wedges. In a small bowl, beat the egg with 1 tablespoon water.
5. Divided the turkey mixture among the wedges (about 1/4 c. per piece), placing it on one side. Lightly brush the edges of the dough with the egg wash. Fold dough over the filling and press the edges with a fork to seal.
6. Transfer to the prepared baking sheet. Brush the tops with remaining egg wash and bake until golden brown, 12 to 15 minutes.

<http://www.womansday.com/food-recipes/food-drinks/recipes/a52072/turkey-turnovers-with-apricots-and-almonds/>



November 2015 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Beans Kale Onions Cornbread</p>	<p>3</p> <p>Tomato Soup Pepperoni Roll Crackers Mandarin Oranges</p>	<p>4</p> <p>Hot Dog w/Meat Sauce Onions Coleslaw Fruit Whole Wheat Bun</p> <p>Semi-Annual Health Fair</p>	<p>5</p> <p>Lasagna w/Meat Sauce Vegetables Fruit Garlic Toast</p> <p>Pettyville Shopping Trip</p>	<p>6</p> <p>Pork Chop Corn Broccoli Whole Wheat Bread Juice</p> <p>Healthy Me</p>
<p>9</p> <p>Chili w/Meat & Beans Fruit Salad Peanut Butter Sandwich Crackers</p>	<p>10</p> <p>Baked Steak Mashed Potatoes w/Gravy Green Beans Whole Wheat Roll Veteran's Dinner Planning Committee Meeting</p>	<p>11</p> <p>Center Closed Veterans Day</p> 	<p>12</p> <p>Chicken Patty Potato Casserole Peas Juice Whole Wheat Bun</p> <p>Spencer Shopping Trip</p>	<p>13</p> <p>Creamed Tomatoes Cubed Potatoes Apples Biscuit</p> <p>Genesis Bingo</p>
<p>16</p> <p>Hamburger Onion/Mayo/Ketchup Ranch Potatoes Corn Whole Wheat Bun Juice</p>	<p>17</p> <p>Broccoli Soup Cheese Salad Sandwich Fruit Whole Wheat Bread</p>	<p>18</p> <p>Corn Dog French Fries Peas & Carrots Juice</p> <p>Genesis Dementia Pres.</p>	<p>19</p> <p>Hot Roast Split Mashed Potatoes w/Gravy Green Beans Hot Roll Juice</p>	<p>20</p> <p>Pizza Butterscotch Pudding Fruit Salad</p> <p>Ship Medicare Pres.</p>
<p>23</p> <p>Chicken Noodle Soup w/Carrots Crackers Apple Crisp</p> <p>Board Meeting</p>	<p>24</p> <p>Beef & Bean Burrito Broccoli Fruit</p> <p>WF Thanks. B-Day Dinner</p>	<p>25</p> <p>Thanksgiving Birthday Dinner</p>	<p>26</p> <p>Center Closed For Thanksgiving</p> 	<p>27</p> <p>Center Closed For Thanksgiving</p> 
<p>30</p> <p>Chicken Tenders Cauliflower w/Cheese Brussel Sprouts Whole Wheat Bread Juice</p>		<p>Menu Subject To Change Without Notice</p>		<p>2% Milk And Margarine Served Daily</p>



Thanksgiving Day

Find all of the Thanksgiving related words from the list below. The words can be up, down, forward, backward, or diagonal.

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

AMERICA
CANOE
COLONY
CORNUCOPIA
ENGLAND
FALL
FAMILY
FEAST

FREEDOM
GRATITUDE
HARVEST
HOLIDAY
INDIANS
MAIZE
MAYFLOWER

MILES STANDISH
NEW WORLD
NOVEMBER
PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS

SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS



Thanksgiving Word Scramble

Happy Thanksgiving!

ksgiahgvtnin _____ aogyev _____

lyodhia alem _____ frawyolem _____

ykruet _____ fhluaknt _____

ftgisnuf _____ spinautr _____

aymfli _____ ttnadoiir _____

dnnia ronc _____ mhpyulot _____

rdaaep _____ tafes _____

ncouaoprci _____ saatsthumsse _____

brvemneo _____ kppiumn eip _____

rlpigsim _____ lofblota _____

lsetsret _____ nlooissct _____



Created by
Sue Lindlauf
Grand Forks Herald
2010

HAPPY THANKSGIVING WORD SEARCH

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

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|------------------------|--------------------|--------------------|-----------------------|
| 1. THANKSGIVING | 5. THANKFUL | 9. STUFFING | 13. PUMPKIN |
| 2. HOLIDAY | 6. FOOD | 10. SALAD | 14. PIE |
| 3. FAMILY | 7. TURKEY | 11. BREAD | 15. VEGETABLES |
| 4. FRIENDS | 8. POTATOES | 12. YAM | 16. HAM |

CCCOA Business Page

Executive Director: Rick Poling

Board of Directors

Roger Jarvis— President
Pamela Gainer— Vice-President
Dottie Rader— Secretary
Edward Lawaty— Treasurer
Launa Butler
Carroll McCauley
Barbara Roberts
Patti Hicks
Roberta Wilson



The CCCOA Board of Directors meet the fourth Monday of each month at CCCOA. Interested citizens are always welcome at board meetings and encouraged to attend.

Some services provided to Calhoun County Senior Citizens by CCCOA include:

Congregate Meals	Transportation
Meals on Wheels	In-Home Care
Satellite Site Minnora	Medicare Counseling
Trips and Excursions	Book lending Library
Daily Activities	Exercise Room
CCCOA News newsletter	Social Support
Internet Café	Health Fairs

And much more, Contact CCCOA to learn what is available for you.

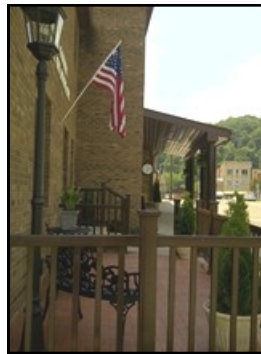
Grantsville Center

105 Market Street
Grantsville, West Virginia 26147

Hours: 7:30am - 3:30pm
Monday through Friday
Phone: 304.354.7017
Fax: 304.354.6859
Mailing: Post Office Box 619
Grantsville, WV 26147



CCCOA News, a publication of
Calhoun County Committee on Aging, Inc.



The CCCOA News will strive to report and provide accurate information at all times. If any information printed is inaccurate or items omitted we apologize. Corrections will be printed in the next issue as needed. CCCOA News is published and printed by CCCOA and is printed on the first business day of each month, or as close to that as possible.

Menus published here are prepared by CYGNET Menu Management System.

Projects provided by funding from WV B.O.S.S., North West Area Agency on Aging, CCCOA Inc.

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

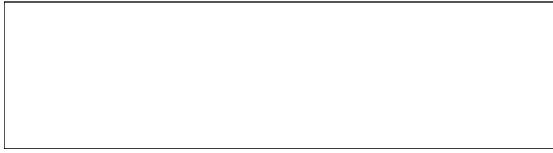
Calhoun County Committee on Aging (CCCOA), an agency providing services to senior citizens of Calhoun County, WV. CCCOA is committed to serving the Senior Citizens (age 60 and over) of Calhoun County, to providing the highest quality services and to be advocates for the greater good of the people we serve. Services are provided equally and without discrimination to all who qualify for said services.

West Fork Center

121 Milo Road
Minnora, West Virginia 25261

Hours: 9:00am - 2:00pm
Monday, Tuesday, Thursday
Phone: 304.655.8805
Fax: 304.354.8805
Mailing: Post Office Box 619
Grantsville, WV 26147





Calhoun County Committee on Aging
PO Box 619
Grantsville, WV 21647



To Contact CCCOA:
Phone: 304-354-7017
Fax: 304-354-6859
Email: office@cccoa-wv.org



Calhoun County Committee on Aging Inc.