



Inside This

- Grantsville Events 2
- West Fork Events 3
- Birthday Page 4
- Grantsville News 5
- West Fork News 6
- Senior News 7
- Spotlight 8
- Soapbox 9
- Monthly Recipe 10
- Lunch Menu 11
- Program Info. 12
- Program Info. 13
- Fun Pages 14
- Fun Pages 15
- Fun Pages 16
- Business Page 17

CCCOA NEWS

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

November

Dates To Remember

- Nov 1st- Driver's Safety Course @ 8:30 am
- Nov 2nd- Health Fair @ 7:00 am
- Nov 6th- DAYLIGHT SAVINGS TIME ENDS
- Nov 8th- CLOSED FOR ELECTION DAY
- Nov 9th- Driver's Safety Course @ 8:30 am
- Nov 10th- Veteran's Dinner @ 11:00 am
- Nov 11th- CLOSED FOR VETERAN'S DAY
- Nov 15th- Planning Committee Meeting @ 1:00 pm
- Nov 16th- Foster Grandparents Meeting @ 10:00 am
- Nov 17th- Charleston Town Center Shopping Trip Depart @ 8:30 am
- Nov 18th- SHIP Rep. Medicare Presentation 10:45 am
- Nov 23rd- Thanksgiving Dinner @ 11:30 am
- Nov 24th- CENTER CLOSED FOR THANKSGIVING
- Nov 25th- CENTER CLOSED FOR THANKSGIVING
- Nov 28th- CCCOA Board Meeting @ 2:30 pm
- Nov 29th- WEST FORK Birthday Dinner & Entertainment @ 10:30 am
- Nov 30th- Covered Dish Birthday Dinner & Entertainment @ 10:30 am

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 2016 Grantsville Events

Page 2

CCCOA NEWS

- Nov. 1st, Mon. Driver's Safety Course 8:30 A.M– 1:30 P.M.**
- Nov. 2nd, Wed. Semi-Annual Health Fair 7:00—11:00 A.M.
Choir Practice 10:30—11:00 A.M.**
- Nov. 6th, Sun. Daylight Savings Time Ends**
- Nov. 7th, Mon. "Healthy Me"**
- Nov. 8th, Tues. CLOSED for Election Day**
- Nov. 9th, Wed. Driver's Safety Course 8:30 A.M.-4:30 P.M.
Choir Practice 10:30—11:00 A.M.**
- Nov. 10th, Thurs. Veteran Dinner 11:00 A.M.**
- Nov. 11th, Fri. CENTER CLOSED FOR VETERANS DAY**
- Nov. 15th, Tues. Planning Committee 1 P.M.**
- Nov. 16th, Wed. Foster Grandparents Meeting 10:00 A.M.
Choir Practice 10:30—11:00 A.M.**
- Nov. 17th, Thurs. Charleston Town Center Shopping Trip Depart 8:30 A.M.
Cost \$12 from Center, \$16 from Home
Trip must be paid at time of reservation!**
- Nov. 18th, Fri. SHIP Rep. Medicare Presentation 10:45 A.M.**
- Nov. 23rd, Wed. Thanksgiving Dinner 11:30 A.M.**
- Nov. 24th, Thurs. CENTER WILL BE CLOSED FOR THANKSGIVING**
- Nov. 25th, Fri. CENTER WILL BE CLOSED FOR THANKSGIVING**
- Nov. 28th, Mon. CCCOA Board Meeting 2:30 P.M.**
- Nov. 30th, Wed. Covered-Dish Birthday
Musical Entertainment Provided 10:30—11:30 A.M.
NO BINGO WILL BE PLAYED TODAY!**

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.

Nov. 1st, Tues.	Line Dancing/Cards 10:30-11:30 A.M.
Nov. 2nd, Wed.	Fall Health Fair at Grantsville Center
Nov. 3rd, Thurs.	Cards/Board Games 10:30-11:30 A.M.
Nov. 7th, Mon.	Line Dancing/Cards/Crafts 10:30-11:30 A.M.
Nov. 8th, Tues.	CLOSED for Election Day
Nov. 10th, Thurs.	Cards/Board Games 10:30-11:30 A.M.
Nov. 14th, Mon.	Roane Health Care BP Clinic – 10:00-11:30 A.M. BIG BINGO 10:00-11:30 A.M.
Nov. 15th, Tues.	Cards/Line Dancing 10:30-11:30 A.M.
Nov. 17th, Thurs.	Spencer Bowling Trip 10:00 A.M.
Nov. 21st, Mon.	Line Dancing/Cards/Crafts 10:30-11:30 A.M.
Nov. 22nd, Tues.	Thanksgiving Dinner 10:30-11:30 A.M.
Nov. 24th, Thurs.	CLOSED –Happy Thanksgiving
Nov. 28th, Mon.	Line Dancing/Cards/Crafts 10:30-11:30 A.M.
Nov. 29th, Tues.	Birthday Dinner, Entertainment

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

Find the Needle

Actual needle size



H.S.

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
 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



CCCOA Employees
Rick Poling Nov 4th



Celebrating October Birthdays **at the Grantsville CCCOA:**

Seated: Ruth Poorman & Joan Auvil
 Standing: Carroll McCauley, Joanne Brannon & Leon McDonald



Celebrating October Birthdays **at the Westfork CCCOA:**

Seated: Larry Cottrell
 Not pictured is Betty Ellison and Virginia McCumbers



The winners of the 2016 Halloween Costume Party at the CCCOA were as follows:
Left-Right:
Ray Tingler, Ilene Compton, Hazel Tingler, Alta Mae Richards, Ruth Poorman & Violet Williams



Social Security receives little attention in Presidential Campaigns; AARP wants seniors to act

Sep. 30, 2016 -AARP, a sponsor of the presidential debates, sent a letter to moderator Lester Holt before the first debate urging him to ask the candidates for their plans for maintaining the security of Social Security. He didn't and that highlights the unusual lack of interest in this critical government program. AARP now wants seniors to start using social media to get the attention of the political candidates focused on Social Security

"The Social Security system faces a significant revenue shortfall that, while still a number of years away, would result in a nearly 25 percent, across-the-board benefits cut for all Social Security recipients, if left unaddressed" states AARP in a news release. "Despite the high stakes, the issue has been largely ignored in this election."

The letter to Holt, stated, "Social Security affects not just the 60 million people who rely on its benefits today, but also the 170 million people who pay into the program with each paycheck and are counting on it for tomorrow", and goes on to lament the lack of clarity and specificity provided on the issue of Social Security, to date, by both candidates.

"Hillary Clinton and Donald Trump have provided some information on how they would address Social Security's challenges but critical facts are missing.

"Secretary Clinton has spoken of expanding Social Security benefits for caregivers and widows and increasing taxes on high earners to pay for these changes, but she hasn't laid out the details about how she would pay to expand the program that already faces a shortfall.

"Mr. Trump has said he would keep Social Security sound by targeting fraud and improving economic growth without cutting benefits. What kind of growth rate is he talking about, and is he considering other changes to the program?"

AARP pointed out that Social Security doesn't receive the attention it deserves from candidates or media. But in a recent nationwide survey of more than 23,000 AARP members, all age 50 and over, 67 percent of poll respondents ranked the future of Social Security as their *number-one* concern, AARP said.

After the debate, AARP Senior Vice President, Campaigns, John Hishta said, "Americans who are working hard and paying into Social Security were the real losers at tonight's debate.

"In this issueless campaign, the debate was the best chance for voters to get real answers on how the presidential candidates would keep Social Security strong for future generations. If our leaders don't commit to act, future retirees could lose up to \$10,000 per year."

The letter to Holt was sent as part of [Take A Stand](#) – a national campaign to press the Presidential candidates to commit to taking real action to keep Social Security strong.

AARP said it will send similar letters to all moderators of future Presidential debates, including Martha Raddatz of ABC News and Anderson Cooper of CNN, Elaine Quijano of CBS News, and Fox News's Chris Wallace.

http://seniorjournal.com/NEWS/SocialSecurity/2016/20160930_Social-Security-Receives-Little-Attention-in-Presidential-Campaigns;-AARP-Wants-Seniors-to-Act.htm



Alta Mae Richards

Born June 12th, 1938, to Ida and Swifty Nicholas, being one of eight children, with one sibling passing very young in life. Of the remaining seven children, six are still living, and all six of them married and have celebrated at least 50 years of marriage. The oldest of the siblings being Cleston Nicholas, who is 90 years of age. Alta Mae was born and raised in Grantsville, WV on Pine Street, on the south side of town.

Her first job was babysitting, and working in Doc. Smith's drug store. Although, her favorite job was as a receptionist in the dental clinic for Dr. Yarbrough.

She met her husband Hobert Richards at a Halloween party not far from where she currently lives. Their first date was spent driving the roads with friends. However, this led to nearly 60 years marriage, five children, 9 grandchildren, and numerous great grandchildren.

Although she is too humble to admit it, she is an extremely talented lady. Over the years I have been blessed with knowing her personally and not only is she a phenomenal baker/cook, she is an extremely talented artist. Her talent encompasses many forms of art from mask making, quilting, coloring, doodling, and much more. Personally, I would say her greatest talent is her charm and wit, as well as her sense of style and flair in personality and views on life. She enjoys attending the CCCOA where she enjoys the company of her friends, works puzzles, and plays games.

She feels her greatest accomplishments are her marriage and the raising of her five children, Loren, Gretchen, Neal, Lyle, and Eric, all of whom remain in Calhoun County.

When asked what is the most important thing you've learned during your life and what would you like to share?

She replied,

"Happiness comes from within yourself,
Trust in God, and live to the Golden Rule as near as you can".

Submitted by: Samantha Cowan

Since it is November and turkey month, I have a story to tell about a turkey. Actually, it's a sad story. On September 15th of this year my son was bringing me home from Parkersburg. I had just had my throat stretched at Camden Clark. As we came up Nobe Road my son slowed down just past the water company. I said, "What?"

He said, "Is that a turkey with those chickens?" It was. The people who live up on the hill behind the water company have chickens.

The following Wednesday Barb Roberts and I stopped at the water company to see about her water bill and there they were- 3 chickens, 1 rooster, and the much taller female turkey. She was pecking the ground just like the chickens and rooster. Although she had to bend a little bit more than the chickens. There was even a dog wandering around with them. It was a fun sight to watch.

Later Barb told me that the woman who owned the chickens said that the turkey just showed up one day and made herself at home. All the animals accepted her.

Two weeks later Frank and I were going to shop at Foodland. That in itself is an experience. As we went down Nobe to Route 16 there was something laying on the side of the road in the ditch. Frank said, "What was that?" I thought it was the turkey. We forgot to look when we came back but inquired around and yes it was the turkey.

How sad. It was just a young, lonely turkey who had found a home and friends of almost the same species and lost her life by the hands of some idiot. One who was driving too fast, was drunk, or high, or maybe just didn't care. Because, let's face it, you can see an almost two foot high turkey on the road. Seriously.

Now, we who are actually animal lovers, miss the sightings of the turkey picking the ground with her three chickens and rooster. As I said before, it's sad.

Till next month,
~Judy~

Enjoy your thanksgiving and your family. Life is short.



Hawaiian Ham & Swiss Slider



Ingredients

24 Slices of deli honey ham
6 Slices of swiss cheese, cut into fourths
1/3 cup Mayonnaise
1 tablespoon Poppy seeds
1 1/2 tablespoons Dijon mustard
1/2 cup Butter melted
1 tablespoon Onion Powder
1/2 teaspoon Worcestershire sauce
2 packages (12 count) KING'S HAWAIIAN
 Original Hawaiian Sweet Dinner Rolls

Preparation

Serves:12

Step 1

Cut rolls in half and spread mayo onto 1 side of the rolls. Place a slice or two of ham and slice of swiss cheese in roll. Replace the top of the rolls and bunch them closely together into a baking dish.

Step 2

In a medium bowl, whisk together poppy seeds, dijon mustard, melted butter, onion powder and worcestershire sauce.

Step 3

Pour sauce over the rolls, just covering the tops. Cover with foil and let sit for 10 minutes.

Step 4

Bake at 350 degrees for 10 minutes or until cheese is melted. Uncover and cook for additional 2 minutes until tops are slightly browned and crisp. Serve warm.

Craft: Homemade Table Runner for Thanksgiving

Create a fun Thanksgiving table runner that is a special thing to pull out every year! It will be fun to watch the hand prints get bigger through the years.

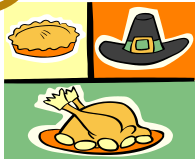
I took an old cream table runner that had a few stains, so what a perfect way to cover up those stains with some cute hand prints! You can use any light colored, solid table runner as your base.

I then got some bright colored fabric paint at my local craft store. I used a brush and painted it directly onto my kids hands. I then quickly pressed their hand onto my table runner. Note: baby wipes are helpful to have on hand to quickly wipe the kids hands off, before they get up and you have "turkeys" other places in your home.

I then embellished the hand prints to look like turkeys. We have now done this for enough years, where the kids embellish the turkeys on their own. I let the kids choose their favorite color for the turkey. It's fun to watch the kids' colors changes through the years as we add more turkeys every year. It is also fun to see how their hand writing changes as well.

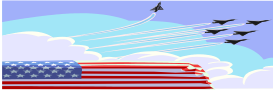
This is one of my favorite items to see my kids grow. It's grown into a fun tradition!





November 2016 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Baked Chicken Mashed Potatoes w/Gravy Peas & Carrots Hot Roll Juice	2 Hot Dog w/Meat Sauce Onions Coleslaw Fruit Whole Wheat Bun Semi-Annual Health Fair	3 Lasagna w/Meat Sauce Vegetables Fruit Garlic Toast	4 Pork Chop Corn Broccoli Whole Wheat Bread Juice
7 Chili w/Meat & Beans Fruit Salad Peanut Butter Sandwich Crackers Healthy Me	8 Center Closed Election Day	9 Sausage & Gravy Cubed Potatoes Apples Biscuit Driver's Safety Course	10 Baked Steak Mashed Potatoes w/Gravy Green Beans Whole Wheat Roll Veteran's Dinner	11 Center Closed Veterans Day 
14 Hamburger Onion/Mayo/Ketchup Ranch Potatoes Corn Whole Wheat Bun Juice	15 Spaghetti w/Meat Sauce Cottage cheese Peaches Roll Planning Committee Meeting	16 Corn Dog French Fries Peas & Carrots Juice Foster Grandparent Meet- ing	17 Hot Roast Split Mashed Potatoes w/Gravy Green Beans Hot Roll Juice Spencer Bowling Charleston Shopping Trip	18 Broccoli Soup Cheese Salad Sandwich Fruit
21 Chicken Noodle Soup w/Carrots Crackers Apple Crisp	22 Beef & Bean Burrito Broccoli Fruit WF Thanksgiving Dinner	23 Thanksgiving Dinner	24 Center Closed For Thanksgiving 	25 Center Closed For Thanksgiving 
28 Chicken Tenders Cauliflower w/Cheese Brussel Sprouts Whole Wheat Bread Juice Board Meeting	29 Beans Kale Onions Cornbread Juice WF Birthday Dinner	30 Chicken Patty Potato Casserole Peas Juice Whole Wheat Bun Birthday Dinner	Menu Subject To Change Without Notice	2% Milk And Margarine Served Daily

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 Angela Yoak or 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 Angela Yoak, In-Home Services Supervisor, or Opal Harris, In-Home Services Coordinator
@ 304-354-7017.

Email: ayoak@cccoa-wv.org or oharris@cccoa-wv.org or stop by the
Calhoun County Committee on Aging
located at
105 Market Street, Grantsville, WV 26147



for little hands

TIC-TAC-TOE



Game 1

X	O	X
O	X	O
X	O	X

Game 2

X	O	X
O	X	O
X	O	X

Game 3

X	O	X
O	X	O
X	O	X

Game 4

X	O	X
O	X	O
X	O	X

Game 5

X	O	X
O	X	O
X	O	X

Game 6

X	O	X
O	X	O
X	O	X

Average cost of things in the 40's

In 1940 the average income per year was \$1,725.00 and by 1949 was \$2,950.00.

In 1940 a gallon of gas was **11 cents** and by 1949 was **17 cents**.

In 1940 the average cost of new car was \$850.00 and by 1949 was \$1,420.00.

Thanksgiving Word Scramble

Unscramble these Thanksgiving words.

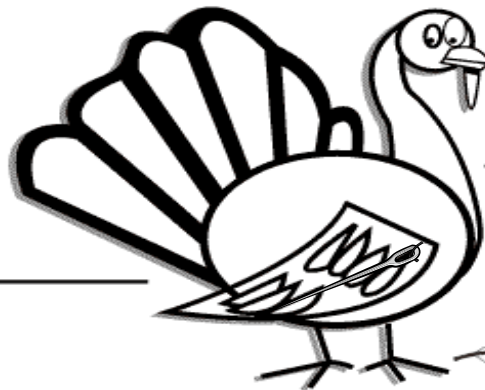


SMIILPRG _____

MIYFAL _____

RCON _____

EYTRUK _____



ATSFE _____

LROSL _____



DEMSHA OTAPTSOE _____



CNRRREEBAIS _____



MNUPIKP IPE _____



UFTFIGNS _____

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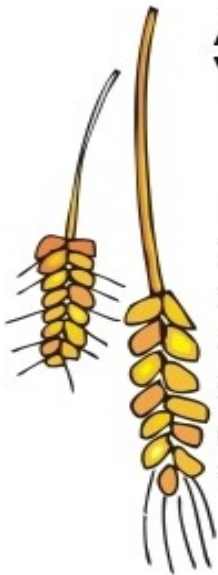
Don't forget about the upcoming
2016 Fall Health Fair

November 2, 2016 ~ 7:00 to 11:00 a.m.
Committee On Aging, Grantsville, WV

Thanksgiving Word Search



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



- | | |
|---------------|------------------|
| 1. Apple | 8. Pie |
| 2. Corn | 9. Pilgrims |
| 3. Cornucopia | 10. Pumpkin |
| 4. Fall | 11. Ships |
| 5. Family | 12. Thanksgiving |
| 6. Harvest | 13. Turkey |
| 7. Indians | 14. Yummy |

Quick Reminder: Remember to turn your clocks back an hour on
 November 6th, Day Light Savings Time.

Also, remember to replace batteries in your smoke and
 carbon monoxide detectors, and replace the filter in your furnace.

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

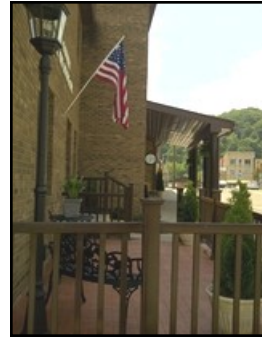
And much more, Contact CCCOA to learn what is available for you.

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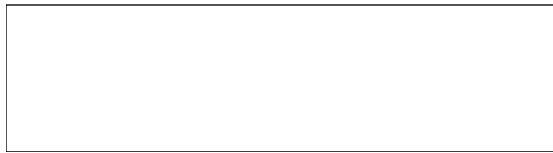
Please direct any questions or comments concerning the CCCOA NEWS to Rick Poling, Executive Director

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.