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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

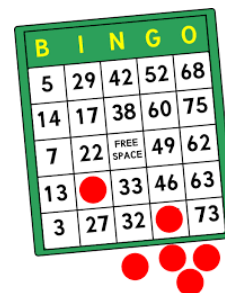
October

Dates To Remember

- Oct. 2nd, Mon.** "Exercise with Erin" 9:30-10:00 am
- Oct. 4th, Wed.** RHC Bingo 11:00 am
- Oct. 5th, Thurs.** "Exercise with Erin" 9:30-10:00 am
Spencer Shopping Trip Depart 8:30 am
Trip must be paid for at time of reservation.
- Oct. 7th, Sat.** Town-Wide Yard Sale 8:00- ?
- Oct. 9th, Mon.** **CENTER CLOSED FOR COLUMBUS DAY**
- Oct. 10th, Tues.** Ticket Sales Begin for 25 Days of Christmas!
- Oct. 11th, Wed.** **LIFELINE** Screening 8:30am-5:30 pm
- Oct. 12th, Thurs.** "Exercise with Erin" 9:30-10:00 am
- Oct. 16th, Mon.** "Exercise with Erin" 9:30-10:00 am
- Oct. 17th, Tues.** Foster Grandparents Meeting 10:00 am
- Oct. 18th, Wed.** "Crafts with Joann" 9:00-11:00 am
- Oct. 19th, Thurs.** "Exercise with Erin" 9:30-10:00 am
BOWLING TRIP
- Oct. 20th, Fri.** Genesis Bingo 11:00-11:30 am
- Oct. 23rd, Mon.** "Exercise with Erin" 9:30-10:00 am
Board Meeting 2:30 pm
- Oct. 25th, Wed.** Covered Dish Birthday & Halloween Dinner
Halloween Costume Party @ Grantsville CCCOA
- Oct. 26th, Thurs.** "Exercise with Erin" 9:30-10:00 am
- Oct. 27th, Fri.** SHIP Counselor Medicare Pres. 10:45-11:00 am
- Oct. 30th, Mon.** "Exercise with Erin" 9:30-10:00 am
- Oct. 31st, Tues.** Halloween Costume Party; Goblin Stew
& Witches Brew 10:30-11:30 am @ West Fork CCCOA

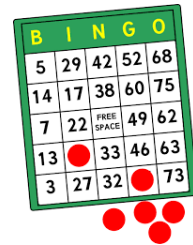


- Oct. 2nd, Mon. "Exercise with Erin" 9:30-10:00 am
- Oct. 4th, Wed. Choir Practice 10:30-11:00 am
RHC Bingo 11:00 am
- Oct. 5th, Thurs. "Exercise with Erin" 9:30-10:00 am
Spencer Shopping Trip Depart 8:30 am
Trip must be paid for at time of reservation.
- Oct. 7th, Sat. Town-Wide Yard Sale 8:00- ?
- Oct. 9th, Mon. **CENTER CLOSED FOR COLUMBUS DAY**
- Oct. 10th, Tues. Ticket Sales Begin for 25 Days of Christmas!
- Oct. 11th, Wed. Attorney General Rep. 10:30 am
LIFELINE Screening 8:30am-5:30 pm
Choir Practice 10:30-11:00 am
- Oct. 12th, Thurs. "Exercise with Erin" 9:30-10:00 am
- Oct. 13th, Fri. "Healthy Me"
- Oct. 16th, Mon. "Exercise with Erin" 9:30-10:00 am
- Oct. 17th, Tues. Foster Grandparents Meeting 10:00 am
- Oct. 18th, Wed. "Crafts with Joann" 9:00-11:00 am
Choir Practice 10:30-11:00 am
- Oct. 19th, Thurs. "Exercise with Erin" 9:30-10:00 am
- Oct. 20th, Fri. Genesis Bingo 11:00-11:30 am
- Oct. 23rd, Mon. "Exercise with Erin" 9:30-10:00 am
Board Meeting 2:30 pm
- Oct. 25th, Wed. Covered Dish Birthday & Halloween Dinner
NO BINGO WILL BE PLAYED TODAY!
Halloween Costume Party
- Oct. 26th, Thurs. "Exercise with Erin" 9:30-10:00 am
- Oct. 27th, Fri. SHIP Counselor Medicare Pres. 10:45-11:00 am
- Oct. 30th, Mon. "Exercise with Erin" 9:30-10:00 am



Yahtzee & Rummy will be played daily from 8:00 - 11:00 a.m.
Bingo will be played daily from 11:00 - 11:30 am
unless otherwise stated.

- Oct. 2nd, Mon. Cards/Crafts 10:30-11:30 am
- Oct. 3rd, Tues. Line Dancing/Cards 10:30-11:30 am
- Oct. 5th, Thurs. Cards/Games 10:30-11:30 am
RHC Bingo 10:00 am
- Oct. 7th, Sat. Town-Wide Yard Sale
- Oct. 9th, Mon. **CENTER CLOSED FOR COLUMBUS DAY**
- Oct. 10th, Tues. Line Dancing/Cards/Games 10:30-11:30 am
- Oct. 12th, Thurs. Cards/Games 10:30-11:30 am
- Oct. 16th, Mon. Cards/Crafts 10:30-11:30 am
- Oct. 17th, Tues. Line Dancing/Cards/Games 10:30-11:30 am
- Oct. 19th, Thurs. Spencer Bowling Trip
- Oct. 23rd, Mon. Cards/Crafts 10:30-11:30 am
- Oct. 24th, Tues. Line Dancing/Cards/Games 10:30-11:30 am
- Oct. 26th, Thurs. Nancy with Hospice 10:00-10:30 am
Entertainment, Birthday Dinner
- Oct. 30th, Mon. Cards/Crafts 10:30-11:30 am
- Oct. 31st, Tues. Halloween Costume Party; Goblin Stew
& Witches Brew 10:30-11:30 am

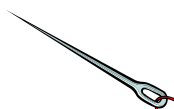


**Exercise 9:00 - 9:30 am / Socializing from 9:30-10:00 am daily unless otherwise stated.
Bingo will be played daily from 10:00 - 10:30 am unless otherwise stated.**

Find the Needle

The needle was on page 17 last month. Look for the needle in this months newsletter.

Actual needle size



October Birthdays

- Theodore Poulin Oct. 1
- Ruth Poorman Oct. 3
- Carrol McCauley Oct. 4
- Gary Bancroft Oct. 6
- Winifred Duskey Oct. 6
- Joanne Brannon Oct. 9
- Larry Cottrell Oct. 10
- Janet Cunningham Oct. 10
- Joan Auvil Oct. 14
- Virginia McCumbers Oct. 15
- Dennis Wease Oct. 15
- Sandra Yeager Oct. 23
- Bonnie Cain Oct. 24
- Benjamin West Oct. 26
- Leon McDonald Oct. 30
- Mary Butler Oct. 31



Celebrating September Birthdays

Standing: Ray Tingler, Pearle Johnson, & Denzil Ward

Entertainment: CCCOA Choir and Rick Poling

Happy Birthday

CCCOA Employees

- Carroll McCauley Oct 4
- Brenda Sisson Oct 10
- Mary McCumbers Oct 25
- Jennifer Allison Oct 27



WF September Birthday's:
Bob Park



Birthday Dinner Entertainment for August:
Eugene Parsons, Sharon Knotts and Earnestine Fulks

September Entertainment:
Sharon Knotts and Earnestine Fulks



Big Bingo Winner:
Colleen Boggs



It's October finally-my favorite month of the year. Well, there is December. I do love Christmas. Anyway, since it is October and winter is on the horizon maybe it is time to start to act like a squirrel. No, I don't mean you should climb trees and gather acorns. I just mean that you should start to put some extra supplies back for winter. And, yes, I know that last winter it was 65 degrees in December and my tulip tree, flowering quince, and forsythia were blooming and blah, blah, blah. But I remember the winter of "93" and the snow in January of January 2016.

So, let us think on what to stock: canned goods, hand can opener, generator, crackers, cookies, junk food, and cereal keep well. Of course never forget toilet paper!! That is a must to have. Maybe some extra soap powder, bleach, dry bleach, and dish liquid. Also some soap and shampoo if you have water. If you have city water you'll probably be okay. But if you have a well or spring water and no generator then you have no pump. A few jugs of water should be stored.

An important thing to add to your list would be extra blankets or quilts. If you only have your furnace for heat and no back-up heat source you are going to be cold. A wood stove or freestanding gas heaters work well. Very rarely does the gas or city water go off.

Oh, yes, and you also will need extra dog or cat food or both depending on what kind of pets you have. Outside pets need straw in dog boxes and outside cats need some place to get out of the weather with a blanket or afghan for heat.

So, I hope that I have given you a few ideas to help you through winter. We have a generator so we'll be fine. If you do have a generator make sure that you winterize it too along with your house. Check your windows and doors for winter winds blowing in. Seal them as best you can. I use throw rugs for my old house and its window sills. Every little bit helps.

Happy Halloween—Boo
'til next month,
~Judy~

My cancer was removed from my arm with great success. I had 7 stitches.

Big Bingo September 1, 2017

1. Portia Miller
2. Mary Poirier
3. Carroll McCauley
4. Doris Smarr
5. Eva Marks
6. Jeanie Smith
7. Gerry Lamont
8. Odus Miller
9. Jean Miller
10. Hazel Tingler
11. Dorothy McCauley
12. Patty Little
13. Barbara Rose
14. Carol Cozart
15. Judy Wolfram
16. Alice Cottrell
17. Louise Wolverton
18. Madeline Lamp
19. Alta Mae Richards
20. Joan Auvil
21. Joann Dawson
22. Iline Compton
23. Gary Hammons
24. Wanda Carpenter

Big Bingo--Steve Miller

Veterans Day Dinner

Thursday, November 9th - 11:00 a.m.

The Calhoun County Committee on Aging will celebrate Veterans Day 2017 by honoring all who have served our great Nation in uniform.

Please join us in honoring the service and sacrifice of these special individuals.

For more information:

304-354-7017

office@cccoa-wv.org



LIFE LINE SCREENING
The Power of Prevention

Grantsville, CCCOA
Wednesday, October 11th, 2017 8am-3pm

To register for your screening
and to receive a \$10 discount,
please call 1-888-653-6450 or visit

www.LifeLineScreening.com/community-partners

Chicken Pot Pie IX

Ingredients

1 pound skinless, boneless chicken breast halves- cubed
 1 cup sliced carrots
 1 cup frozen green pea
 1/2 cup sliced celery
 1/3 cup butter
 1/3 cup chopped onion
 1/3 cup all-purpose flour
 1/2 cup teaspoon salt
 1/4 teaspoon black pepper
 1 3/4 cups chicken broth
 2/3 cup milk
 2 (9inch) unbaked pie crusts



Directions

Preheat oven to 425 degrees F (220 degrees C.)

In a saucepan, combine chicken, carrots, peas, and celery. Add water to cover and boil for 15 minutes. Remove from heat, drain and set aside.

In the saucepan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper, and celery seed. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick. Remove from heat and set aside.

Place the chicken mixture in bottom pie crust. Pour hot liquid mixture over. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape.

Bake in the preheated oven for 30 to 35 minutes, or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving.

DIY MOD PODGE PUMPKINS

You will begin by picking out your pumpkin and collecting your leaves. You may use leave stickers and fake pumpkins if you choose too, however I prefer the real pumpkins and leaves. Once you have gathered supplies it's time to design. Begin by dipping a sponge brush in your outdoor mod podge and dabbing the back of the leaf. This will allow you to place it on the pumpkin and hold it in place while you smooth it out, then mod podge over top of the leaf. This will seal the leaf in place and allow you to move on to the next one. That's it, continue until you have your pumpkin the way you want it. Makes for cute indoor or outdoor décor.



Upcoming Day Trips!

October 5th- Spencer Shopping Trip

For further details contact Cindy Cottrell @ 304-354-7017.
Seating is limited, we ask that you pay of the trip when signing up.

Cheesy Brat Casserole

- 6 fully cooked Polish sausage or bratwurst, cut into 1/2 -inch pieces
- 4 medium potatoes, cooked, peeled, and cubed (1 1/4 pounds)
- 1 16-ounce package frozen cut green beans, Thawed and drained
- 1 10 3/4 -ounce can cream of mushroom soup
- 1 cup shredded cheddar cheese
- 1/3 cup chopped onion



In a 3-quart casserole, stir together the sausage, potatoes, green beans, soup, cheddar cheese and onion.
Bake, covered, in a 350 degree oven for about 45 minutes or until heated through.

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

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!

October 1, 1908 - Henry Ford's Model T, a "universal car" designed for the masses, went on sale for the first time.

October 3, 1863 - President Abraham Lincoln issued a proclamation designating the last Thursday in November as Thanksgiving Day.

October 3, 1974 - Frank Robinson was hired by the Cleveland Indians as baseball's first African American major league manager.

October 5, 1964 - The largest mass escape since the construction of the Berlin Wall occurred as 57 East German refugees escaped to West Berlin after tunneling beneath the wall.

October 8, 1871 - The Great Fire of Chicago erupted. According to legend, it started when Mrs. O'Leary's cow kicked over a lantern in her barn on DeKoven Street. Over 300 persons were killed and 90,000 were left homeless as the fire leveled 3.5 square miles, destroying 17,450 buildings. Financial losses totaled over \$200 million.

October 9 Birthday - John Lennon (1940-1980) was born in Liverpool, England. He was a member of *The Beatles*, an influential rock group which captivated audiences first in England and Germany, and later in America and throughout the world. He was murdered in New York City on December 8, 1980.

October 11, 1939 - Albert Einstein warned President Franklin D. Roosevelt that his theories could lead to Nazi Germany's development of an atomic bomb. Einstein suggested the U.S. develop its own bomb. This resulted in the top secret "Manhattan Project."

October 11 Birthday - Eleanor Roosevelt (1884-1962) was born in New York City. She was the wife of President Franklin Delano Roosevelt, 32nd U.S. President. As First Lady, she led an unprecedented independent life, striving to improve the lives of people all over the world. In 1933, she became the first wife of a president to give her own news conference in the White House. She traveled extensively on her own and was affectionately called "First Lady of the world." She served as a U.S. delegate to the United Nations for many years and helped write the Universal Declaration of Human Rights.

October 12, 1492 - After a 33-day voyage, Christopher Columbus made his first landfall in the New World in the Bahamas. He named the first land sighted as El Salvador, claiming it in the name of the Spanish Crown. Columbus was seeking a western sea route from Europe to Asia and believed he had found an island of the Indies. He thus called the first island natives he met, 'Indians.'

October 13, 1775 - The United States Navy was born after the Second Continental Congress authorized the acquisition of a fleet of ships.

October 14, 1964 - Civil Rights leader Martin Luther King, Jr., became the youngest recipient of the Nobel Peace Prize. He donated the \$54,000 in prize money to the Civil Rights movement.

October 19, 1987 - "Black Monday" occurred on Wall Street as stocks plunged a record 508 points or 22.6 per cent, the largest one-day drop in stock market history.

October 21, 1967 - Thousands of anti-war protesters stormed the Pentagon during a rally against the Vietnam War in Washington, D.C. About 250 were arrested. No shots were fired, but demonstrators were struck with nightsticks and rifle butts.

October 22, 1962 - President John F. Kennedy appeared on television to inform Americans of the existence of Russian missiles in Cuba. The President demanded their removal and announced a naval "quarantine" of Cuba. Six days later, the Russians announced they would remove the weapons. In return, the U.S. later removed missiles from Turkey.

October 22, 1979 - The exiled Shah of Iran arrived in the United States for medical treatment. A few weeks later, Iranian militants seized the U.S. Embassy in Tehran and took 66 Americans hostage. They demanded the return of the Shah for trial. The U.S. refused. The Shah died of cancer in July of 1980. The hostages were freed in January of 1981.

October 23, 1983 - Terrorists drove a truck loaded with TNT into the U.S. and French headquarters in Beirut, Lebanon, exploding it and killing 241 U.S. Marines and 58 French paratroopers.

October 24, 1861 - The first transcontinental telegram in America was sent from San Francisco to Washington, addressed to President Abraham Lincoln from the Chief Justice of California.

October 24, 1929 - "Black Thursday" occurred in the New York Stock Exchange as nearly 13 million shares were sold in panic selling. Five days later "Black Tuesday" saw 16 million shares sold.

October 26, 1881 - The shoot-out at the O.K. Corral in Tombstone, Arizona, occurred between the feuding Clanton and Earp families. Wyatt Earp, two of his brothers and "Doc" Holliday gunned down two Clantons and two others.

October 28, 1886 - The Statue of Liberty was dedicated on Bedloe's Island in New York Harbor. The statue was a gift from the people of France commemorating the French-American alliance during the American Revolutionary War. Designed by Frederic Auguste Bartholdi, the entire structure stands 300 feet (92.9 meters) tall. The pedestal contains the words: "Give me your tired, your poor, your huddled masses yearning to breathe free, the wretched refuse of your teeming shore. Send these, the homeless, tempest-tost to me, I lift my lamp beside the golden door!"

October 29, 1929 - The stock market crashed as over 16 million shares were dumped amid tumbling prices. The Great Depression followed in America, lasting until the outbreak of World War II.

October 31, 1968 - During the Vietnam War, President Lyndon Johnson ordered a halt of American bombing of North Vietnam.

Like a health physical, routine maintenance is important for the upkeep, well being, and safety of your home. Continually checking the exterior, appliances, heating and cooling, plumbing, security, and electrical systems will help prevent breakdowns, save money, and keep your home in great shape.

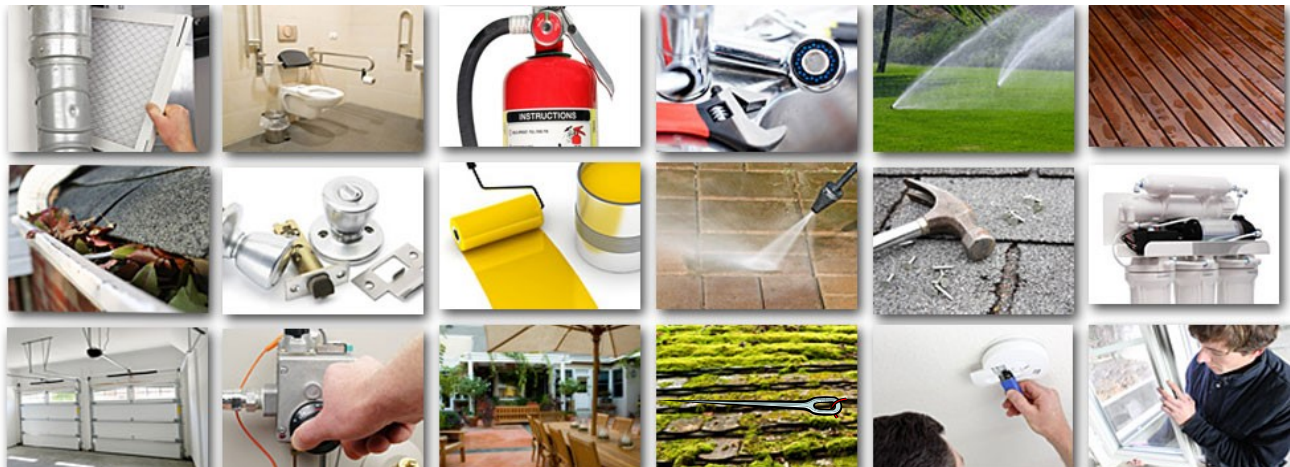
MONTHLY:

Inspecting your home and completing monthly home improvement projects will keep your maintenance schedule on track and manageable. I recommend creating a monthly checklist similar to this one.

- Clean furnace filter to remove dust build-ups, which makes it easier to regulate your home's temperature, therefore your system isn't over working itself. This will also keep the expenses down.
- Check your water purifiers and or softeners.
- Clean and inspect your tub, shower and sink. Unclog drains, check the caulking and check for leaks. Make sure all intake and outtake pipes are tight and free of leaks.

FALL MAINTENANCE:

- Have your heating system inspected by a professional. This is also a good time to change your filter and clean your unit.
- Have fireplace professionally inspected. Make sure it is clean and free of debris.
- Seal cracks and gaps in windows and doors with caulk or weather stripping; replace if necessary. If you need to replace the windows, swap old, drafty windows for more energy-efficient models.
- Touch up exterior siding and trim with paint. If damaged repair or replace.
- Inspect roof for missing, loose, or damaged shingles and leaks.
- Power-wash windows and siding.
- Check for loose shutters.
- Inspect your porch hand rails, making sure they aren't loose.
- Remove leaves and debris from gutters and downspouts.
- Mend cracks and gaps in the driveway and walkway.
- Drain and winterize exterior plumbing.
- Drain and store water hose in dry warm area for the winter.
- This is a good time to clean windows, screens and doors, carpets before it gets too cold to have the windows open.
- Clean your dryer vent screen and venting system.
- Replace the batteries in smoke detectors and carbon monoxide detectors. Install a smoke detector on every floor of your house, including the basement.
- Check your expiration dates on fire extinguishers.
- If you live on a gravel road you may need to check the condition of your road, and add gravel before winter sets in.





Happy 80th Birthday!

Carroll “Howdy” McCauley will be celebrating his 80th birthday on October 4th. He was born on July 14th, 1939, in Mill Creek (Randolph County) WV. He is a devoted minister of 58 years and has been married to his wife Dorothy for nearly 61 years. Together they have 4 children, Anita Bawn, Cheryl Jarvis, Pam Davis and Chriss McCauley, 9 grandchildren and 9 great grandchildren.

Carroll is noted for greeting you with his infectious smile and “Howdy”. You’re looking good and it was good to saul ya! From all your friends at the CCCOA, Happy Birthday Howdy, we love you!



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.

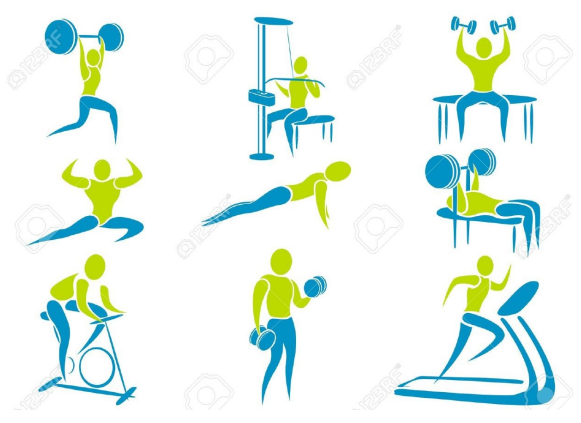


Fitness Room

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



October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Oven Baked Chicken Scalloped Potatoes Broccoli Peachy Crisp Whole Wheat Bread</p>	<p>3 Hamburger Patty on Whole Wheat Bun Broccoli Lettuce/Tomato Oven Browned Potatoes Sweet Corn Pineapple</p>	<p>4 Beef & Vegetable Stew Spinach Chocolate Pudding Whole Wheat Bread</p> <p>RHC Bingo</p>	<p>5 Bean Soup w/Ham Apple- Cabbage Slaw Fruit Cocktail Cornbread</p> <p>Shopping Trip</p>	<p>6 Roast Turkey Breast Rice-Almond Casserole Carrots Jellied Citrus Salad Angel Food Cake</p>
<p>9 Center Closed For Columbus Day</p>	<p>10 Seasoned Broiled Fish Macaroni & Cheese Mustard Greens Cornbread</p> <p>25 Days of Christmas</p>	<p>11 Spaghetti w/ Meat Sauce Raw Vegetable Salad Applesauce Whole Wheat Garlic Toast</p> <p>LifeLine Screenings Attorney Gen. Rep.</p>	<p>12 Red Beans & Rice Cabbage Peaches Whole Wheat Bread</p>	<p>13 Light Chicken Salad Whole Wheat Bread Tomato Soup Grapefruit</p> <p>Healthy Me</p>
<p>16 Barbeque Chicken Baked Beans Broccoli Strawberries Whole Wheat Bread</p>	<p>17 Baked Pork Chop Sweet Potato Souffle' Spinach Applesauce Whole Wheat Bread</p> <p>FGP Meeting</p>	<p>18 Baked Potatoes Swiss Cheese/Chives Deviled Eggs Zucchini Squash Cherry Cobbler Whole Wheat Bread</p> <p>Crafts with Joann</p>	<p>19 Oven Fried Chicken Boiled Potatoes Green Beans Cantaloupe Biscuits</p> <p>Spencer Bowling Trip</p>	<p>20 Tuna Salad Sandwich Whole Wheat Bread Mixed Vegetable Soup Carrot-Raisin Salad Orange Pineapple Gelatin</p> <p>Genesis Bingo</p>
<p>23 Chicken Corn Casserole Mashed Potatoes Chicken Gravy Green Peas Mandarin Oranges Whole Wheat Bread</p> <p>Board Meeting</p>	<p>24 Tasty Meat Loaf Scalloped Potatoes Green Beans Apple Whole Wheat Bread</p>	<p>25 Roasted Beef Orange Glazed Sweet Potatoes Spinach Fruit Cocktail Whole Wheat Bun</p> <p>Halloween Costume Party/Dinner- Grantsville</p>	<p>26 Oven Baked Chicken Potatoes Vegetable Medley Orange Pineapple Gelatin Whole Wheat Bread</p> <p>West Fork B-Day Dinner</p>	<p>27 Bean Soup w/Ham Egg Salad Sandwich Whole Wheat Bread Fruit Salad/ Strawberries</p> <p>SHIP Counselor</p>
<p>30 Creole Baked Pork Chops Mashed Potatoes Pork Gravy Mustard Greens Banana Whole Wheat Bread</p>	<p>31 Virgin Bloody Mary Baked Steak w/ Peppers & Onions Mashed Potatoes Seasoned Greens Boo Berry Gelatin Eye of Newt Cookie Whole Wheat Bread</p> <p>WF Halloween Party</p>	<p style="text-align: center;">2% Milk And Margarine Served Daily</p>	<div style="text-align: center;">  </div>	<p style="text-align: center;">Menu Subject To Change Without Notice</p>

HALLOWEEN WORD SEARCH

Find 20 hidden words related to Halloween. Words in this puzzle maybe found from top to bottom, bottom to top, left to right and right to left.



1. amusement
2. apples
3. autumn
4. boo
5. candy

6. cat
7. costumes
8. dracula
9. frankenstein
10. frighten

11. games
12. ghosts
13. monster
14. october
15. orange

16. prank
17. pumpkins
18. safe
19. spooky
20. treat

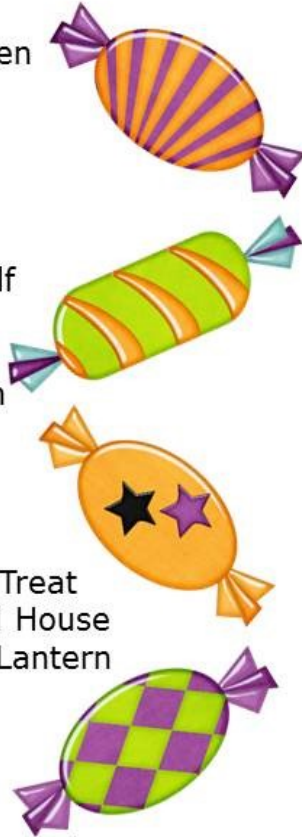


**HAVE A HAPPY,
WONDERFUL AND SAFE
HALLOWEEN!**



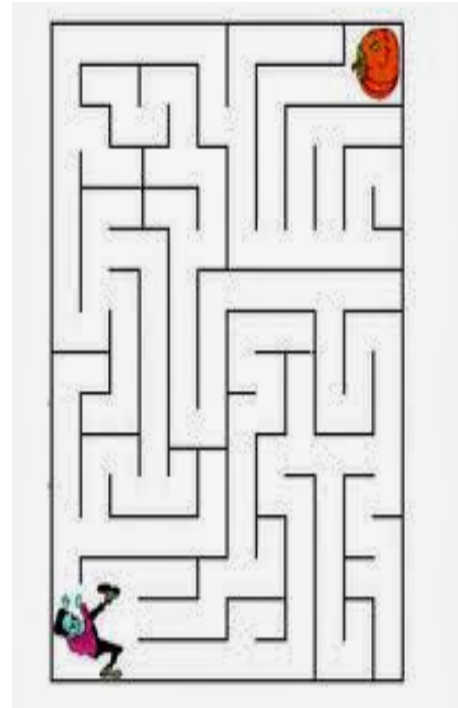
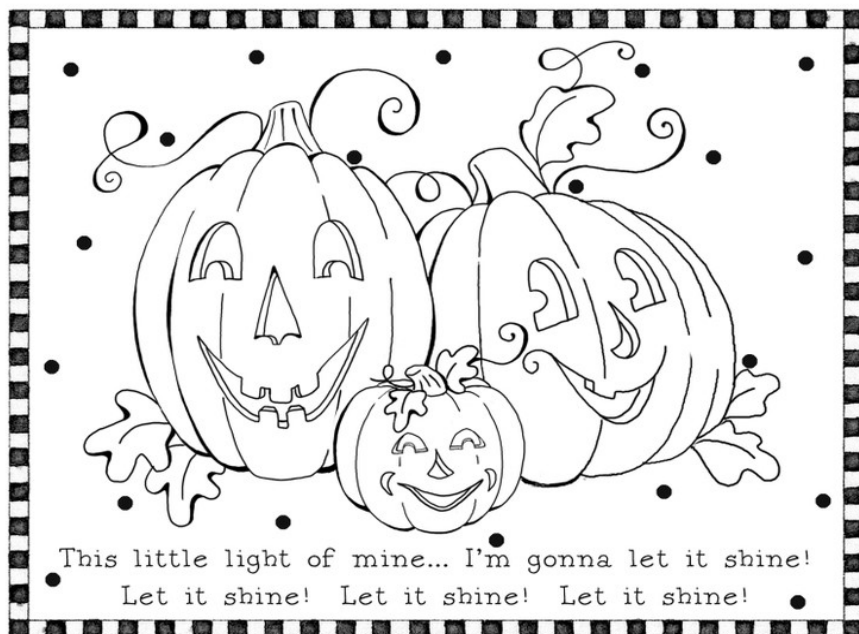
HALLOWEEN WORD SEARCH

- Halloween
- October
- Spooky
- Scary
- Ghost
- Vampire
- Werewolf
- Witch
- Zombie
- Skeleton
- Monster
- Black
- Orange
- Candy
- Trick or Treat
- Haunted House
- Jack O' Lantern
- Boo
- Spider
- Bats



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

Chicken Scratch NY



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

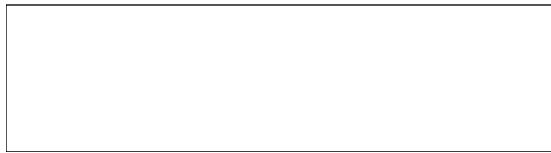
Hours: 7:30am - 3:30pm
Monday through Friday
Phone: 304.354.7017
Fax: 304.354.6859
Mailing: Post Office Box 619
Grantsville, WV 26147



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





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



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Calhoun County Committee on Aging Inc.