

CCCOA NEWS

Calhoun County Committee on Aging
PO Box 619, 105 Market Street
Grantsville, WV 26147
Phone: 304-354-7017 Fax: 304-354-6859



September 2015



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Coming Up!

- Sept 2nd-Eating Smart & Being Active Class 9:30am-11:00am
- Sept 4th-Labor Day Big Bingo 10:30am-11:30 am
- Sept 7th- CENTER CLOSED FOR LABOR DAY
- Sept 9th-Eating Smart & Being Active Class 9:30am-11:00am,
- Sept 9th-Roane Health Care 10:30am
- Sept 10th-Spencer Shopping Trip - Departure @ 8:30am
- Sept 13th-Grandparent's Day
- Sept 16th-Eating Smart & Being Active Class 9:30am-11:00am
- Sept 19th-Sunglasses Day 10:30am
- Sept 21st-Foster Grand Parents Meeting 10:00 am
- Sept 23rd-RITE AID FLU/PNEUMONIA SHOT CLINIC @ 9:00-11:00am
- Sept 25th-Ship Counselor Presentation 10:45-11:00am
- Sept 28th-Board Meeting 2:30pm
- Sept 29th- Covered Dish Birthday Dinner
 Musical Entertainment 10:30-11:30am
 NO BINGO WILL BE PLAYED TODAY!

It's That Time of Year!!!



**We are accepting donations for the
 CCCOA 25 Days of Christmas Raffle.**
**If you wish to make a donation, a donation in honor
 of a loved one or to donate in memory of
 someone you have lost, please notify the
 CCCOA by September 18, 2015.**



September 2015 Grantsville Events



Sept. 2nd, Wed. Eating Smart & Being Active Class 9:30 - 11:00 a.m.
Choir Practice 10:30-11:00 a.m.



Sept. 4th, Fri. Labor Day Big Bingo 10:30 - 11:30 a.m.

Sept. 7th, Mon. CENTER CLOSED FOR LABOR DAY

Sept. 9th, Wed. Eating Smart & Being Active 9:30 - 11:00 a.m.,
Roane Health Care 10:30 a.m.
Choir Practice 10:30-11:00 a.m.



Sept. 10th, Thur. Spencer Trip - Departure @ 8:30 a.m.

Sept 13th, Sat. Grandparent's Day



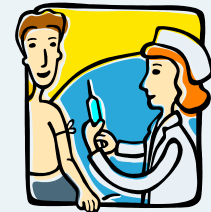
Sept 15th. Tues. PLANNING COMMITTEE MEETING @ 1:00 p.m.

Sept. 16th, Wed. Eating Smart & Being Active 9:30 - 10:00 a.m.,
Choir Practice 10:30-11:00 a.m.



Sept. 21st, Mon. Foster Grand Parents Meeting 10:00 a.m.

Sept. 23rd, Wed. RITE AID FLU SHOT CLINIC 9:00 - 11:00 a.m., also
Pneumonia shots will be available.
Choir Practice 10:30-11:00 a.m.



Sept. 25th, Fri. SHIP COUNSELOR PRES.. 10:45- 11:00 a.m.

Sept. 28th, Mon. BOARD MEETING 2:30 p.m.

Sept. 30th. Wed. Covered-Dish Birthday Dinner
Musical Entertainment 10:30—11:30 A.M.
NO BINGO WILL BE PLAYED TODAY!
Choir Practice 10:30-11:00 a.m.



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.

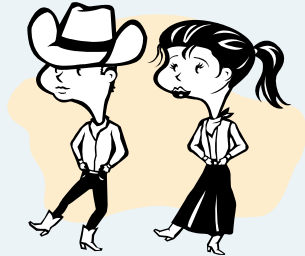


September 2015 West Fork Events



Sept. 1st, Tues.

**Talking/Exercise 9:00—10:00 A.M.
Bingo 10:00—10:30 A.M.
Cornhole/Cards 10:30—11:30 A.M**



Sept. 3rd, Thurs.

**Talking/Exercise 9:00—10:00 A.M.
Bingo 10:00—10:30 A.M.
Cards/Horse Shoes/Corn Hole**

Sept. 7th, Mon.

CENTER CLOSED FOR LABOR DAY

Sept. 8th, Tues.

**Talking/Exercise 9:00—10:00 A.M.
Bingo 10:00—10:30 A.M.
Cards/Horse Shoes/Line Dance 10:30—11:30 A.M.**

Sept. 10th, Thur.

**Talking/Exercise 9:00—10:00 A.M.
Big Bingo 10:00—11:30 A.M.**



Sept. 14th, Mon..

**Talking/Exercise 9:00—10:00 A.M.
Bingo 10:00—10:30 A.M.
Cards/Line Dancing/Corn Hole 10:30—11:30 A.M**

Sept. 15th, Tue.

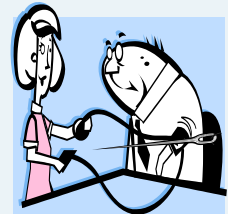
**Talking/Exercise 9:00—10:00 A.M.
Bingo 10:00 -10:30 A.M.
Cards/Line Dancing/Horse Shoes 10:30—11:30 A.M.**

Sept. 17th, Thur.

Spencer Bowling Trip

Sept. 21st, Mon.

**Talking/Exercise 9:00—10:00 A.M.
Bingo 10:00-10:30 A.M.
Cards/Line Dance 10:30—11:30 A.M.
Judy Williams Blood Pressure Checks 9:00-11:30 A.M.**



Sept. 22nd, Tues.

**Talking/Exercise 9:00—10:00 A.M.
Bingo 10:00—10:30 A.M.
Cards/Line Dancing/Horse Shoes 10:30—11:30 A.M.**

Sept. 24th, Thurs.

**Talking/Exercise 9:00—10:00 A.M.
Bingo/ Nancy with Hospice checks 10:00-10:30 A.M.
Music/Entertainment/Birthday Dinner 10:30-11:30 A.M.**

Sept. 28th, Mon.

**Talking/Exercise 9:00-10:00 A.M.
Bingo 10:00-10:30 A.M.
Cards/Line Dancing/Corn Hole 10:30-11:30 A.M.**



The Birthday Page

September Birthdays

Denzil Ward Sept 1st
Beulah Kerby Sept 2nd
Irene Lynch Sept 4th
Ester Wilson Sept 5th
Donzil Wease Sept 5th
Ruth Klapka Sept 6th
Richard Hosey Sept 7th
Geneva Nicholson Sept 8th
Pearle Johnson Sept 9th
Eli Tingler Sept 11th
Launa Butler Sept 14th
Diane Bernier Sept 17th
Charles Duskey Sept 20th
Thirmen Gainer Sept 22nd
Wilma Godfrey Sept 22nd
Eugene Richards Sept 23rd
Arlena Jarvis Sept 25th
Gloria Shock Sept 25th
Jack Cottrell Sept 27th
Bob Park Sept 30th
Alice Cottrell 30th



Celebrating August Birthdays at the Grantsville CCCOA:

Seated: Sam Roberts, Donald Kelley
Standing: Albert Smith

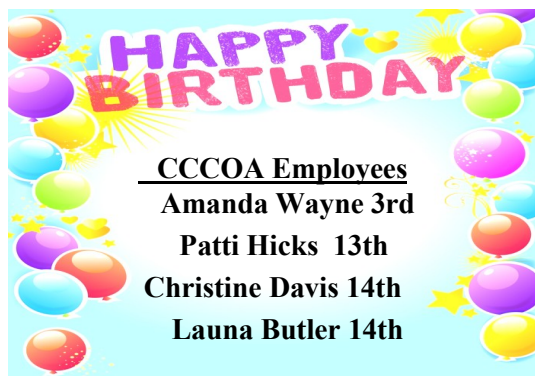


Dinner Entertainment (New Christian Friends) Daryl McCumbers, Calvin Lucas, Delmar Rhodes, Grant Carr



Celebrating August Birthdays at the Westfork CCCOA:

Ruth Morris and Gae Bailey



CCCOA Grantsville News



Pictures Above: The Seniors had an enjoyable day in Marietta on August 20th, where they took a narrated sight seeing tour aboard the Valley Gem.

On August 21, 2015, the senior's celebrated National Senior Citizen Day by playing games. The winners of the Balloon/Flyswatter game were Alta Mae Richards and Portia Miller.



Pictures Above: On August 14, 2015, Samantha Cason from Genesis HealthCare visited the Grantsville CCCOA, spoke with senior's about what the facility has to offer, and sponsored bingo.



Pictures Above: August 28, 2015, Rose Wilt makes her first visit to the CCCOA since her accident back in May, 2015, she has been missed tremendously!



The CCCOA staff makes surprise visit to Donald Kelley,
Happy 90th Birthday!

Sitting: Ellen Shock, Anetia Wilson
Seated: Willa Lea Kelley & Donald Kelley

CCCOA West Fork News



August 20, 2015, the West Fork site enjoys a trip to the bowling alley in Spencer, WV.

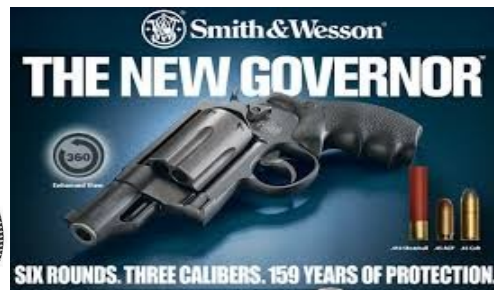
GET TICKETS NOW FOR YOUR CHOICE:



Savage 16 Trophy Hunter XP in your choice of calibers from 223 up to 338 (INCLUDES 3X9 NIKON SCOPE) OR,



REMINGTON WINGMASTER 870 SPECIAL EDITION GOLD TRIGGER 12, 20, OR 410 gauge OR



**HANDGUN PACKAGE OF YOUR CHOICE- Includes Holster, Ammo, etc., up to \$650
TICKET PRICE IS \$5 EACH OR 5 FOR \$20 DRAWING WILL BE NOV. 2, 2015.**

Proceeds will benefit the CCCOA - West Fork Nutrition Site.

WINNER WILL BE CONTACTED BY PREFERRED METHOD (PHONE OR E-MAIL)

FOR TICKETS CALL West Fork CCCOA 304-655-8805, or Grantsville CCCOA 304-354-7017

Cure for Alzheimer's not top research need for dementia patients

There has been a lot of cheering across the U.S. about the large amounts of money being spent on research seeking a cure for Alzheimer's disease. Dementia patients and their caregivers, however, would like to see more of this money spent improving long-term care.

A study led by University at Buffalo researcher Davina Porock surveyed people with dementia and their care providers on how funding from the National Alzheimer's Project Act (NAPA), a federal plan to overcome the disease, should be spent.

It revealed that the majority of respondents ranked caregiving support and resources for long-term care ahead of research for a cure of Alzheimer's disease. More than \$100 million in federal funding was spent last year toward searching for this cure.

The findings are in contrast to current NAPA spending to support those with Alzheimer's disease, which dedicated only \$10 million to care services and education, according to the Department of Health and Human Services.

With more than 5 million people in the U.S. living with dementia, each person receives less than \$2 for care support, says Porock.

"Sure, most people in our surveys would love for there to be a cure, but in the meantime they all have this disease and they need help," says Porock, PhD, professor in the UB School of Nursing.

"We have 10 times more money going toward research instead of supporting the people who are living with dementia. Research is still high on the agenda, but they think that support is more important."

The study, "National Priorities for Dementia Care: Perspectives of Persons Living with Dementia and their Care Partners," was published in the *Journal of Gerontological Nursing*.

The nationwide survey recorded nearly 700 responses, drawing participants from more than 25 Alzheimer's disease advocacy and patient-support groups. Participants were asked to rank funding priorities based on 11 themes that included care setting, quality of life, and advocacy and awareness.

Learn more online at http://www.seniorjournal.com/NEWS/Alzheimers/2015/20150803_Cure-for-Alzheimers-not-top-research-need-for-dementia-patients.htm

Spotlight on WV

The Marx Toy Museum

Located just over a mile from the Glen Dale Factory in “Historical” Moundsville, West Virginia, the Marx Toy Museum displays the toys of Louis Marx throughout six decades of production.

A journey to The Official Marx Toy Museum will truly be a walk down memory lane. A labyrinth of glass cabinets guides visitors through a display of thousands of Marx items from metal wind-ups to historical playsets, push toys to trains, dollhouses and service stations, Johnny West figures, Big Wheels, and much, much more.

The Marx Prototype Room will introduce visitors to the toy production process along with displays of original artwork, sketches, hard-carved prototypes, one-of-a-kind items, molds, and more. Throughout the tour, the museum introduces visitors to several former factory workers, their accounts, and unique stories about a number of Marx toys. Special features include a life-size Western Town Street front, Transportation & Service Station area, Train Display, Prototype Room, and Vintage 1950’s Refreshment Area.

A visit to The Official Marx Toy Museum is both entertaining and educational, videos describing the history of Louis Marx, early television commercials, and original footage of the Glen Dale factory are shown throughout the museum.

The museum displays complete, quality toys, just as children would remember them on Christmas day - in an authentic 1950’s décor - which coincides with the golden age of Marx toys. Louis Marx was known for his unwavering attention to detail, and the same can be said for the Marx museum.

Marx Toy Museum Hours & Admission

The Marx Toy Museum is open **Tuesday, Wednesday, Thursday, Friday,** and **Saturday** from **11 am until 5 pm** - from **April through December** of each year.

Call in advance for holiday hours.

Adults \$8.50 Seniors \$7.50 Students \$5.00 Under 6 Free!



Soap Box by Judy

On July 29th (on or about 6:00 AM) my phone rings. It's my youngest child. He's driving home from work and a phone call to mom works to help him get through traffic. He lives outside of Chicago and rush hour is just brutal. We talk about football, politics, and his job problems and he says, "I'm coming for a visit."

"Good," I say.

He says, "Tomorrow."

"What? Are you Serious?" I said, "You can't come tomorrow."

He said, "Why?"

I told him because I had to wash the bed clothes and figure out what to cook for meals. I don't cook much anymore. He agreed to get here on Sunday. Which he did. He said he could stay until Wednesday. I did find out why the impromptu visit. It seems that his step-daughter's husband's father passed away suddenly. He was younger than me. Thus the visit to me. It doesn't matter why the visit, it was helpful to me.

One of the things that usually happens to me happened while he was here. We have three kitchen cupboards in our laundry room. When we bought the house we remodeled the kitchen. The old cupboards went into the laundry room and in order for me to reach them they were hung they were hung lower. That left a space between the top of the cupboard and the ceiling. I put the shelf paper, knick knacks, keepsakes, and just stuff that I like up on the top.

Well the cat from you know where decided that the largest cupboard with the most stuff on it would be a great place to roost. "Hmmm. Not much room up here with all this stuff in the way," says Gizzy, "I'll just stretch out and WHOOPS! What was that? Ah That's better. Just a few more things and to go and I'll have lots of room." Clunk, bang, whump. "Perfect."

So, I have to put my stuff somewhere so I put most of it on the dryer. Big mistake with my track record of oops. The day Stephen was leaving I was washing clothes. I don't use my dryer all of the time. I mostly hang clothes outside on my clotheslines. This time was things for the dryer. I pulled out my lint trap to check for my lint, bumped a small ceramic owl and you guessed it. Down the lint trap went. Oh boy, oh phooey, oh crap, now what?

Stephen said, "Mother, you have to move the dryer and take the back off."

Yeah right, like Frank or I could do that. He's in good shape and young so he qualified for the job. Fifteen minutes and the mission accomplished.

So, not only did I get to see and spend time with my handsome, young son but he was here to help me with my latest dilemma-of which there are many-so many.

'Til next month,
Judy

As of September 1st it's only 45 days to October 15th.

My Favorite Recipe

BROCCOLI CAULIFLOWER SALAD

INGREDIENTS

2 cups cauliflower, cut in bite size pieces
 2 cups of broccoli, cut in bite size pieces
 1/2 cups celery
 1 cup frozen peas
 1 1/2 cups cooked and chopped bacon

DRESSING

2 cups mayonnaise
 1/4 cup sugar
 1/4 cup parmesan cheese
 2 teaspoons vinegar
 1/4 teaspoons salt
 1/4 cup chopped onion

INSTRUCTIONS

1. In a large bowl toss cauliflower, broccoli, celery, peas, and bacon.
2. In a medium bowl combine mayo, sugar, parmesan cheese, vinegar, salt and onion. Mix well. Pour over salad and toss to mix well and serve.



Jenny's Grilled Chicken Breasts

INGREDIENTS

4 skinless, boneless chicken breast halves
 1/2 cup lemon juice
 1/2 teaspoon onion powder
 Ground black pepper to taste
 Seasoning salt to taste
 2 teaspoons dried parsley

INSTRUCTIONS

1. Preheat an outdoor grill for medium-high heat, and lightly oil grate.
2. Dip chicken in lemon juice, and sprinkle with onion powder, ground black pepper, seasoning salt and parsley. Discard any remaining lemon juice.
3. Cook on the prepared grill 10 to 15 minutes per side, or until no longer pink and juices run clear.



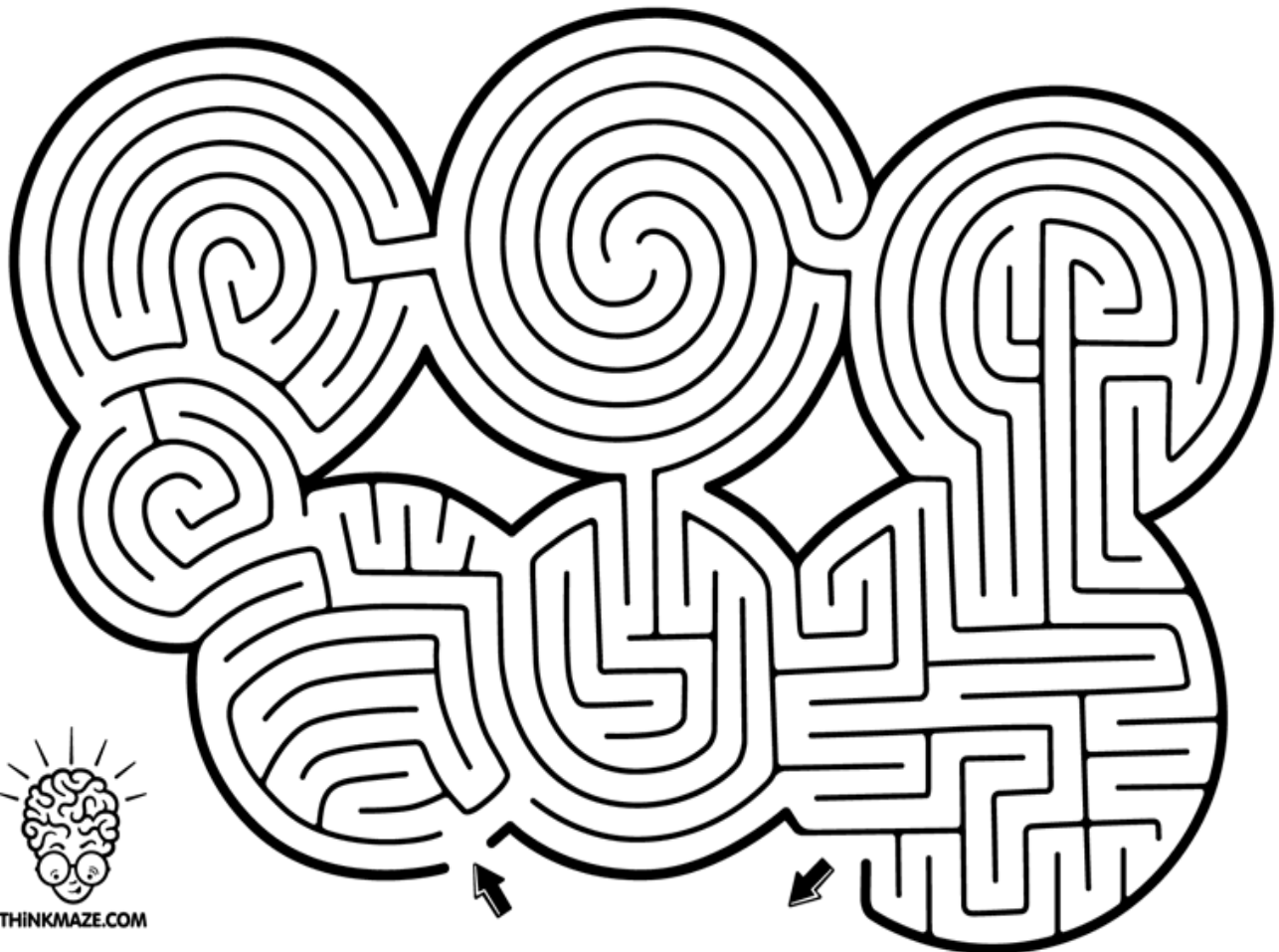
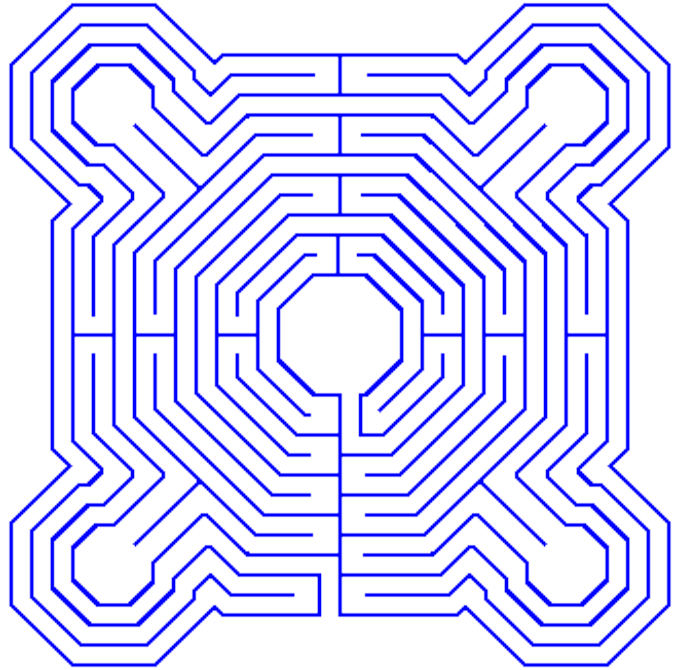
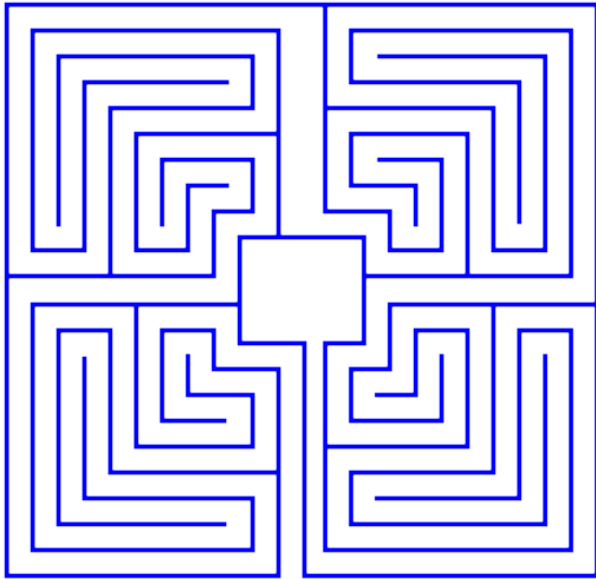


September 2015 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Steak Hoagie Cheese/Onion/Mayo Ranch Potatoes Fruit Whole Wheat Bun	2 Hot Dog w/sauce Baked Beans Macaroni Salad Bun	3 Chef Salad w/Ham Jello w/Fruit Brownie	4 Baked Chicken Mixed Greens Blushing Peaches Whole Wheat Roll Labor Day BIG BINGO
7 CLOSED LABOR DAY	8 Ham Salad Pasta Salad Cottage Cheese w/Peaches Whole Wheat Bread Planning Committee	9 Chicken Tenders Mashed Potatoes Gravy Green Beans Whole Wheat Bread Juice Roane Home Care Clinic	10 Beef Macaroni Brussel Sprouts Fruit Whole Wheat Bread Spencer Shopping Trip	11 Fish Coleslaw Whole Wheat Bread Juice Healthy Me
14 Taco Salad Cucumbers & Onions Fruit	15 Corndog Macaroni & Cheese Brussels Sprouts Fruit	16 Baked Steak Mashed Potatoes w/Gravy Green Beans Hot Roll Juice	17 BBQ Ribs Potato Salad Fruit Whole Wheat Bun Westfork Bowling Trip	18 Calico Beans Waldorf Salad Cornbread
21 Pork Chop Peas & Carrots Fruit Whole Wheat Bread	22 Pizza Corn Jell-O	23 Lasagna Tossed Salad Fruit Whole Wheat Roll	24 Chicken Sandwich Pasta Salad Fruit Whole Wheat Bun Milk Westfork Birthday Dinner	25 Tomato Soup Pepperoni Roll Banana Pudding Game Day
28 Beans Onions Greens Applesauce Cornbread Board Meeting	29 Potato Soup Cheese Salad Sandwich Fruit Crackers	30 Sauer Kraut w/Weiners Potatoes Greens Fruit Cornbread Grantsville Birthday Dinner	Menu Subject To Change Without Notice	2% Milk And Margarine Served Daily

Crazy Maze



THINKMAZE.COM

Word Search



Word Search

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

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

Created by Sue Lindlauf
Grand Forks Herald 2012

- | | | | |
|--------------|------------|--------------|--------------|
| 1. LABOR | 5. WORK | 9. SUMMER | 13. AMERICAN |
| 2. DAY | 6. LONG | 10. NATIONAL | 14. MONDAY |
| 3. HOLIDAY | 7. WEEKEND | 11. USA | 15. DAY |
| 4. SEPTEMBER | 8. ENDING | 12. TRAVEL | 16. OFF |

Word Scramble

America word scramble

Unscramble each group of letters to form a patriotic word.

1. TTEASS _____

2. YRIETLB _____

3. OTIUCNSTINTO _____

4. HEWIT UOHSE _____

5. EEGGOR AHTNWSIGNO _____

6. RIIEGLOSU EFDMREO _____

7. EDR _____

8. HITWE _____

9. LEBU _____

10. OEV T _____

11. ADHR KOWR _____

12. EACPE _____

13. EIERPSDTN _____

14. LAGF _____

15. EEDORMF _____



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.