

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 2016



Inside This Issue

- Pg 2 Grantsville Events
- Pg 3 West Fork Events
- Pg 4 Birthday Page
- Pg 5 Grantsville News
- Pg 6 West Fork News
- Pg 7 Senior News
- Pg 8 Spotlight on WV
- Pg 9 Soapbox by Judy
- Pg 10 My Favorite Recipe
- Pg 11 Lunch Menu
- Pg 12 Crazy Maze
- Pg 13 Word Search
- Pg 14 Word Search
- Pg 15 Business Page

Coming Up!

- Sept 2nd-Labor Day Big Bingo 10:30-11:30am
- Sept 5th-CENTER CLOSED FOR LABOR DAY
- Sept 6th-Healthy Me
- Sept 7th-Choir Practice 10:30-11:30am
- Sept 13th-Planning Committee Meeting 1:00pm
- Sept 14th-Rite Aid Flu/Pneumonia Shots Available 9:00-11:00am
 - Roane Health Care 10:30am
 - Choir Practice 10:30-11:00am
- Sept 15th-Spencer Day Trip-Depart 8:30am
- Sept 20th-Foster Grand Parents Meeting 10:00am
- Sept 21st-Choir Practice 10:30-11:00am
- Sept 22nd-Stonewall Trip
 - Spencer Bowling Trip
- Sept 23rd-SHIP Counselor Presentation 10:45-11:00am
- Sept 26th-Board Meeting 2:30pm
- Sept 28th-Covered Dish Birthday Dinner
 - Musical Entertainment 10:30-11:30am

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 2, 2016.**

September 2016 Grantsville Events

- | | | |
|--------------------|---|---|
| Sept. 2nd, Fri. | Labor Day Big Bingo 10:30 - 11:30 a.m. | |
| Sept. 5th, Mon. | CENTER CLOSED FOR LABOR DAY | |
| Sept. 6th, Tues. | "Healthy Me" |  |
| Sept. 7th, Wed. | Choir Practice 10:30-11:00 a.m. | |
| Sept 13th. Tues. | PLANNING COMMITTEE MEETING @ 1:00 p.m. |  |
| Sept. 14th, Wed. | Flu Shots Available 9:00-11:00 a.m.
Roane Health Care 10:30 a.m.
Choir Practice 10:30-11:00 a.m. | |
| Sept. 15th, Thurs. | Spencer Trip - Departure @ 8:30 a.m. |  |
| Sept. 20th, Mon. | Foster Grand Parents Meeting 10:00 a.m. | |
| Sept. 21st, Wed. | Choir Practice 10:30-11:00 a.m. | |
| Sept. 22nd, Thurs. | Stonewall Trip |  |
| Sept. 23rd, Fri. | SHIP COUNSELOR PRES. 10:45- 11:00 a.m. | |
| Sept. 26th, Mon. | BOARD MEETING 2:30 p.m. | |
| Sept. 28th. 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 2016 West Fork Events



Sept. 5th, Mon. **CLOSED FOR LABOR DAY**

Sept. 6th, Tues. **Cards/Line Dancing/Horseshoes/Corn Hole 10:30-11:30 A.M.**
Food Bank At Park 12:00 P.M.

Sept. 8th, Thurs. **Cards/Horse Shoes/Corn Hole 10:30—11:30 A.M**

Sept. 12th, Mon. **Cards/Line Dancing 10:30—11:30 A.M.**

Sept. 13, Tues. **Cards/Line Dancing/Horseshoes/Corn Hole 10:30-11:30 A.M.**

Sept. 15th, Thurs. **Cards/Horse Shoes/Corn Hole 10:30—11:30 A.M**

Sept. 19th, Mon. **Cards/Line Dancing/Corn Hole 10:30—11:30 A.M.**
BP Clinic 9:30-10:30 A.M.

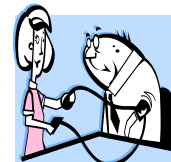
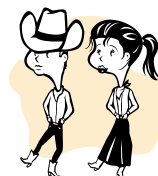
Sept. 20th, Tues. **Cards/Line Dancing/Horseshoes 10:30-11:30 A.M.**

Sept. 22nd, Thurs. **Bowling Trip**
Stonewall Trip

Sept. 26th, Mon. **Line Dancing/Corn Hole/Horseshoes 10:30—11:30 A.M.**

Sept. 27th, Tues. **Cards/Line Dancing/Horseshoes 10:30-11:30 A.M.**

Sept. 29th, Thurs. **Covered Dish Birthday Dinner & Entertainment**
Hospice Visit



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

Birthday Page

September Birthdays

Denzil Ward Sept 1st
Beulah Kerby Sept 2nd
William Knicley Sept 3rd
Irene Lynch Sept 4th
Ester Wilson Sept 5th
Starling Holbert Sept 5th
Richard Hosey Sept 7th
Geneva Nicholson Sept 8th
Paul Funk Sept 8th
Pearle Johnson Sept 9th
Eli Tingler Sept 11th
Patti Hicks Sept 13th
Launa Butler Sept 14th
Mary McKee Sept 16th
Diane Bernier Sept 17th
Charles Duskey Sept 20th
Randal Cottrell Sept 20th
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 Sept 30th
Nancy Taylor Sept 30th



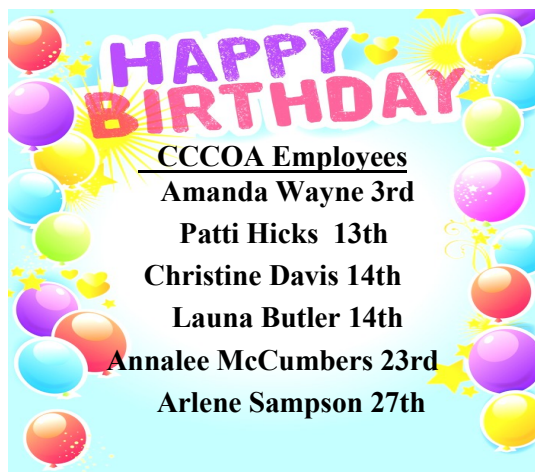
Celebrating August Birthdays at the Grantsville CCCOA:

Seated: Larry Dawson & Patty Little
Standing: French Stump



Celebrating August Birthdays at the Westfork CCCOA:

Gae Bailey & Ruth Morris



CCCOA Grantsville News



Calhoun County Committee on Aging is happy to announce that Life Line Screenings will be available once again this October 11, 2016. To register for your appointment please call 1-877-792-8479 or visit www.lifelinescreening.com/community-partners

Early detection is the key to prevention!



2016 Fall Health Fair

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

Visit a variety of health care booths, some with free samples.

Low cost or FREE screenings

See local media for prices on blood work.

Lab will be open 7-10 a.m.

CCCOA West Fork News

Frigidaire Freezer and \$100 Raffle

Drawing –Tuesday, November 1st



Frigidaire 7.2 Cu. Ft. Chest Freezer and \$100

Drawing on Tuesday, November 1st (Need not be present to win)

Proceeds will go to CCCOA Seniors

Tickets sold for \$1 each or 6 for \$5

*Ticket Purchasing can be done at the CCCOA in Minnora & Grantsville
Or by mailing order to PO Box 619, Grantsville, WV 26147. (Include a self-addressed envelope)*

For more information call: 655-8805

Post-operative cognitive dysfunction (POCD), a condition mostly observed in older patients following surgery under general anesthesia, is characterized by impaired memory and concentration. The impairment may be temporary or permanent and incapacitating.

The problem has become more frequent as the population ages and also as a growing number of older adults undergo surgical procedures made possible by more advanced medical technology. Data from the scientific literature suggest a rise in mortality from POCD in the first year after surgery under general anesthesia.

The good news, according to a Brazilian study published by the journal *PLoS One*, is that two relatively simple measures can help to reduce the incidence of POCD: administering a small dose of the anti-inflammatory drug dexamethasone immediately before an operation and avoiding profound anesthesia during the operation.

Opinions on the adequate depth of anesthesia and the risks of very profound anesthesia currently diverge. Excessively superficial anesthesia is known to incur a risk of patient recall of the procedure, which is undesirable.

"Our findings confirm recent evidence that the deeper the anesthesia-induced hypnosis, the higher the incidence of POCD. The literature points to a link with the systemic inflammatory response induced by surgical trauma, damaging the central nervous system. If so, the use of an anti-inflammatory drug may have a protective effect," said Maria José Carvalho Carmona, a professor of anesthesiology at the University of São Paulo's Medical School (FM-USP) and principal investigator for the study.

The researchers evaluated 140 patients aged between 60 and 87 who underwent surgery under propofol-induced general anesthesia at the Central Institute of Hospital das Clínicas, FM-USP's teaching hospital, in most cases for removal of gallstones.

Pre-operative assessment included a battery of tests to measure mental and cognitive status. Patients who failed to achieve a cutoff score were excluded. The remaining subjects were divided randomly into four groups. In the operating room, deep anesthesia typical of major surgical procedures was induced in the first and third groups, and more superficial anesthesia in the second and fourth. Only the third and fourth groups received dexamethasone.

The depth of anesthesia was monitored using bispectral index (BIS) technology, which processes electroencephalogram signals to measure drug-induced unconsciousness. The researchers classified a BIS of 35-45 as deep anesthesia and a BIS of 46-55 as superficial anesthesia.

In the fourth group (superficial anesthesia with dexamethasone), the incidence of POCD was 15.3% immediately after surgery, but after six months the pre-operative cognitive status was restored in all patients.

Read more at http://seniorjournal.com/NEWS/Alzheimers/2016/20160622_Simple-measures-reduce-cognitive-dysfunction-%20in-older-patients-after-operation.htm#VSWuL8uUgytIPpEE.99

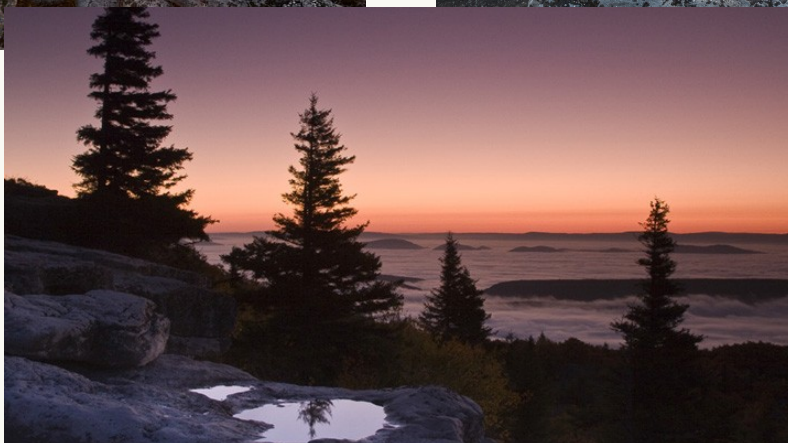
Spotlight on WV

Bear Rocks Preserve is a cornerstone of a diverse and complex ecosystem of windswept heath barrens.

Time stands still high above Canaan Valley, in Dolly Sods, where a flat, windswept expanse of subalpine heath barrens opens up to the sky. Stunted red spruce, ancient bogs and forlorn boulders define this haunting landscape, where creatures typically found in more northern environs roam oblivious to their geologic isolation. The Nature Conservancy's 477-acre Bear Rocks Preserve is a cornerstone of this wonderfully diverse and complex ecosystem, which lies on a ridge crest that forms part of the Eastern Continental Divide.

Once mostly covered by dense, towering red spruce and hemlock forest, Bear Rocks and the surrounding area saw major deforestation, followed by livestock grazing, by the turn of the last century, leaving the region ecologically distressed. Today, however, the much-visited landscape is recovering well, with Conservancy efforts in the region focusing on mending and connecting large protected landscapes in order to breathe new life into this timeless region.

<http://www.nature.org/ourinitiatives/regions/northamerica/unitedstates/westvirginia/placesweprotect/bear-rocks-preserve.xml>



Soap Box by Judy

It's September and summer is almost but not quite gone. I am thankful because that means the snakes will be hibernating and gone.

So, here's the next chapter of "Judy and the black snakes." It was late on a Tuesday morning in July and I was talking on the phone to Miss Brenda Sisson. I saw something move out of the corner of my eye and did not believe my eyes. It was a snake!!

I said, "Oh my Gosh!!"
Brenda said, "Oh my gosh, what?"

I told her that it was a snake that came around the corner of the door and went behind my loveseat. She told me to get Frank and to "shoot it." I've got enough holes in my chicken coop I don't want any in my living room.

I yelled for Frank and he came to see what I wanted.
I said, "SNAKE!"
He said, "Where?"
I said, "Right there. Grab my picker-upper thingy."

He got the snake after three or four tries. That snake was coiled around the handle in one second. Frank yelled, "Open the door!"

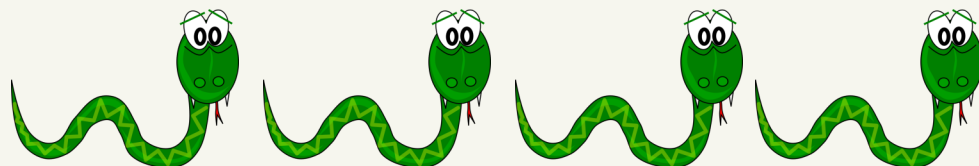
I ran out through the kitchen, into the small hallway, through my bathroom, into the laundry room and opened the door and the storm door. Frank threw him outside and turned to come back in the house. So did the snake. Wrong. Frank threw him further out in the yard after a few tries to pick him up. He disappeared into the grass. He was long and thin. Actually he looked like an extension cord. That was that. HMMHMM. Wrong.

The next week on a Wednesday, Barb Roberts and I went to the Senior Center for lunch and went shopping. When we got home, Frank helped me carry in the bags of groceries. As he did he was saying, "Here Curly."

"Who is Curly?" I asked. He told me that it was the snake! Oh crap, here we go again. He told me that it went under the door of the storage cupboard in the bathroom. We haven't seen it since. We put mothballs all around that cupboard and the furnace in the same place. So far-so good. But- back in the chicken coop on Friday, a huge black snake was coiled in a chicken nest eating one of my eggs. So wrong. So very wrong.

Got Frank. Got the gun. Got the snake. Got more holes in the chicken coop. Got the picker-upper thingy and threw him over the hill. Didn't wait until sundown. He was about 5 feet long and big around. I am so glad that summer is almost gone. I'm sick of snakes in the house and the chicken coop. Mice in the house, raccoons in the bird feeder, and possums on the porch....bring on winter. I'm ready.

'til next month,
~Judy~



My Favorite Recipe

SEVEN LAYER SALAD

Ingredients:

1 pd. bacon
 1 lg. head ice-berg lettuce-rinsed, dried, chopped
 1 red onion, chopped
 1 (10 ounce) package frozen peas, thawed
 10 ounces of shredded Cheddar cheese
 1 cup chopped cauliflower
 1 1/4 cups mayonnaise
 2 tablespoons white sugar
 2/3 cup grated parmesan cheese



Directions:

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Crumble and set aside.

In a large flat bowl, place the chopped lettuce and top with a layer of onion, peas, shredded cheese, cauliflower and bacon.

Prepare the dressing by whisking together the mayonnaise, sugar and parmesan cheese. Drizzle over salad and refrigerate until chilled.

ICE CREAM SANDWICH SUNDAE ICEBOX CAKE

Ingredients:

24 ice cream sandwiches (homemade or store bought)
 1 (12 ounce) jar caramel topping
 1 (12 ounce) jar hot fudge topping
 1 (8 ounce) cool whip
 Chopped peanuts
 Maraschino Cherries



Directions:

Line the bottom of a 9X13 inch pan with half of the ice cream sandwiches, cutting them to fit as needed.

Spread the jar of caramel topping over top of the ice cream sandwiches. Place in the freezer for 10 minutes.

Arrange the remaining ice cream sandwiches on top of the caramel layer, again cutting as needed to fit the pan. Spread the hot fudge over the ice cream sandwiches. Spread the cool whip on top. Place in the freezer until ready to serve.

Serve with chopped peanuts and maraschino cherries.



September 2016 Menu



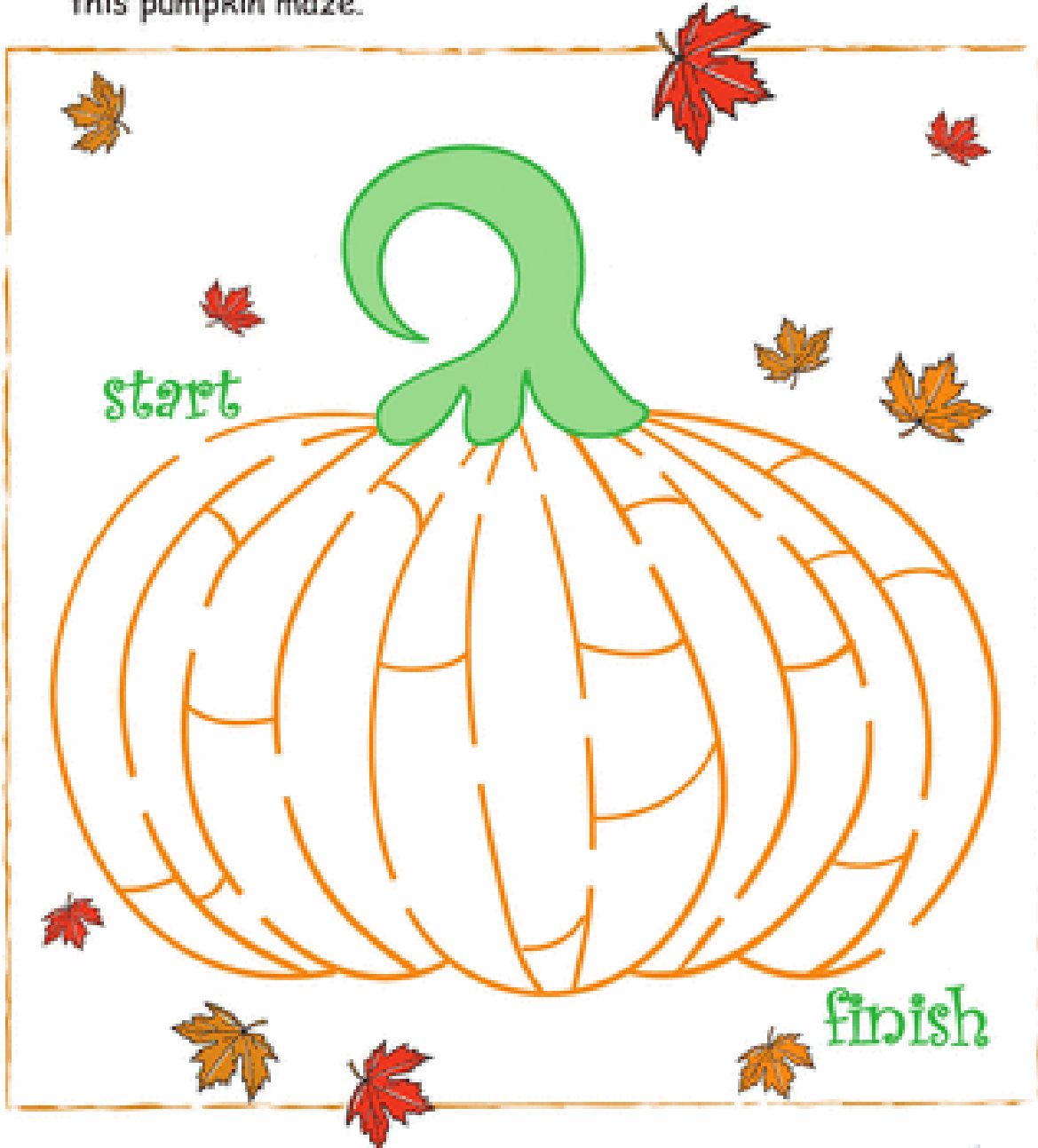
Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Menu Subject To Change Without Notice</p>	<p>2% Milk And Margarine Served Daily</p>	<p>1 Burrito Red Bean Chili Mixed Greens Blushing Pears</p>	<p>2 Chef Salad w/Ham Jello w/Fruit Brownie Labor Day BIG BINGO</p>
<p>5 CLOSED LABOR DAY</p>	<p>6 Steak Hoagie Lettuce/Tomato/Onion Ranch Potatoes Fruit "Healthy Me"</p>	<p>7 Chicken Tenders Mashed Potatoes Gravy Green Beans Whole Wheat Bread Juice</p>	<p>8 Beef Macaroni Brussel Sprouts Fruit Whole Wheat Bread</p>	<p>9 Fish Coleslaw Corn Whole Wheat Bread Juice</p>
<p>12 Corndog Macaroni & Cheese Fruit</p>	<p>13 Taco Salad Cucumbers & Onions Fruit Planning Committee</p>	<p>14 Baked Steak Mashed Potatoes w/Gravy Green Beans Hot Roll Juice Roane Home Care Clinic</p>	<p>15 BBQ Ribs Potato Salad Fruit Whole Wheat Bun Spencer Shopping Trip</p>	<p>16 Calico Beans Waldorf Salad Cornbread</p>
<p>19 Pork Chop Peas & Carrots Fruit Whole Wheat Bread</p>	<p>20 Pizza Corn Jell-O Foster Grandparents</p>	<p>21 Lasagna Tossed Salad Fruit Whole Wheat Roll</p>	<p>22 Chicken Sandwich Pasta Salad Fruit Whole Wheat Bun Milk Stonewall Trip Westfork Bowling Trip</p>	<p>23 Tomato Soup Pepperoni Roll Banana Pudding SHIP Counselor</p>
<p>26 Beans Onions Greens Applesauce Cornbread Board Meeting</p>	<p>27 Potato Soup Cheese Salad Sandwich Fruit Crackers</p>	<p>28 Sauer Kraut w/Weiners Potatoes Greens Fruit Cornbread Grantsville Birthday Dinner</p>	<p>29 Chicken Pasta Stir Fry Salad Apple Sauce Westfork Birthday Dinner</p>	<p>30 Hot Dog w/sauce Baked Beans Macaroni Salad Bun</p>

Crazy Maze



PUMPKIN MAZE

Draw a line from Start to Finish to find your way through this pumpkin maze.



Word Search

Fall Word Search



ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD

HALLOWEEN
HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN

QUILT
RAKE
SCARECROW
SEPTEMBER
SLEET
THANKSGIVING



Word Search

Find and circle the fall words from the word list.



Word List

AUTUMN
COLORFUL
FARMERS
FIELDS

GOURDS
HALLOWEEN
HARVEST
HAYRIDE

LEAVES
NOVEMBER
OCTOBER
OUTDOORS

PUMPKINS
SCARECROW
THANKSGIVING

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.