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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

September

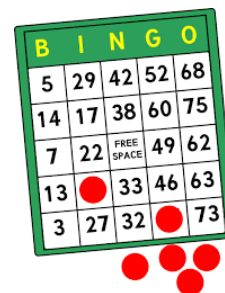
Dates To Remember

Sept. 4th, Mon.	LABOR DAY - Grantsville & West Fork Centers CLOSED!
Sept. 7th, Thur.	Exercise with Erin 9:30 am
Sept. 7th, Thur.	Little Sorrel Trip
Sept. 10th, Sun.	GRANDPARENTS DAY
Sept. 11th, Mon.	Exercise with Erin 9:30 am
Sept. 12th, Tues.	Planning Committee Meeting @ 1:30 pm
Sept. 13th, Wed.	Craft Day
Sept. 14th, Thurs.	Exercise with Erin 9:30 am
Sept. 18th, Tues.	Exercise with Erin 9:30 am
Sept. 19th, Wed.	Foster Grand Parents Meeting 10:00 am
Sept. 20th, Wed.	WV Caring Health Screenings
Sept. 21st, Thurs.	Exercise with Erin 9:30 am
	Bowling Trip
Sept. 25th, Mon.	Board Meeting 2:30 pm
	Exercise with Erin 9:30 am
Sept. 27th, Wed.	COVERED DISH BIRTHDAY DINNER (Grantsville) 11:30 am
	Musical Entertainment 10:30- 11:30 am
Sept. 28th, Thurs.	COVERED DISH BIRTHDAY DINNER (West Fork) 11:30 am
	Musical Entertainment 10:30- 11:30 am
	Exercise with Erin 9:30 am
Sept. 29th, Fri.	SHIP Counselor 10:45 am



Events

- Sept. 1st, Fri. Labor Day Big Bingo 10:30 - 11:30 am
- Sept. 4th, Mon. CENTER CLOSED FOR LABOR DAY
- Sept. 6th, Wed. Roane Home Care Bingo 10:30 am
Choir Practice 10:30-11:00 am
- Sept. 7th, Thurs. Exercise with Erin 9:30 am
Little Sorrel Trip 2:00 pm
- Sept. 8th, Fri. "Healthy Me"
- Sept. 11th, Mon. Exercise with Erin 9:30 am
- Sept. 12th, Tues. PLANNING COMMITTEE MEETING @ 1:30 pm
- Sept. 13th, Wed. Craft Class (Fall Wreath)
Choir Practice 10:30-11:00am
- Sept. 14th, Thurs. Exercise with Erin 9:30 am
Spencer Trip- Departure @ 8:30 am
- Sept. 18th, Mon. Exercise with Erin 9:30 am
- Sept. 19th, Tues. Foster Grand Parents Meeting 10:00 am
- Sept. 20th, Wed. WV Caring Health Screenings
Choir Practice 10:30- 11:00 am
- Sept. 21st, Thurs. Exercise with Erin 9:30 am
- Sept. 25th, Mon. Exercise with Erin 9:30 am
Board Meeting 2:30 pm
- Sept. 27th, Wed. Covered Dish Birthday Dinner
Musical Entertainment 10:30-11:30 am
NO BINGO WILL BE PLAYED TODAY!
- Sept. 28th, Thurs. Exercise with Erin 9:30 am
- Sept. 29th, Fri. SHIP Counselor 10:45 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.

- Sept. 4th, Mon. CENTER CLOSED FOR LABOR DAY
- Sept. 5th, Tues. WV Caring Health Screening
Cards/Board Games 10:30-11:30 am
- Sept. 7th, Thurs. Roane Home Care Bingo
Board Games 10:30-11:30 am
- Sept. 11th, Mon. Cards/Crafts/Board Games 10:30-11:30 am
- Sept. 12th, Tues. Cards/Line Dancing 10:30- 11:30 am
- Sept. 14th, Thurs. Card/Board Games/Corn Hole 10:30-11:30 am
- Sept. 18th, Mon. Cards/Craft/Board Games 10:30- 11:30 am
- Sept. 19th, Tues. Cards/Line Dancing 10:30-11:30 am
- Sept. 21st, Thurs. Bowling Trip
- Sept. 25th, Mon. Crafts/Cards/Board Games 10:30-11:30 am
- Sept. 26th, Tues. Big Bingo 10:00 am
- Sept. 28th, Thurs. Covered Dish Birthday Dinner & Entertainment
Hospice Visit



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 16 last month. Look for the needle in this month's newsletter.

Actual needle size



September Birthdays

Denzil Ward Sept. 1
 William Knicley Sept. 3
 Irene Lynch Sept. 4
 Esther Wilson Sept. 5
 Starling Holbert Sept. 5
 Thomas Clover Sept. 5
 Richard Hosey Sept. 7
 Geneva Nicholson Sept. 8
 Jessie Metheney Sept. 8
 Pearle Johnson Sept. 9
 Eli Tingler Sept. 11
 Janet Davis Sept. 13
 Judy Rollyson Sept. 15
 Diane Bernier Sept. 17
 Randal Cottrell Sept. 20
 Eugene Richards Sept. 23
 Arlena Shields Sept. 25
 Gloria Shock Sept. 25
 Arlena Jarvis Sept. 25
 Jack Cottrell Sept. 27
 Nancy Taylor Sept. 30
 Robert Park Sept. 30
 Alice Cottrell Sept. 30

Celebrating August Birthdays

Seated:

Standing:

Entertainment:

CCCOA Choir &

Rick Poling



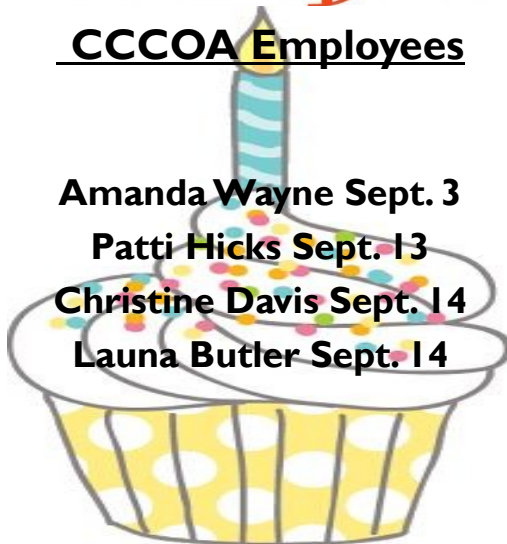
CCCOA Employees

Amanda Wayne Sept. 3

Patti Hicks Sept. 13

Christine Davis Sept. 14

Launa Butler Sept. 14



WF August Birthday's:
Ruth Morris (Gae Bailey on page 5)



Edith "Gae" Hoover Bailey celebrated her 90th birthday on August 28th, 2017. She was born and raised in the Lower Nicut area, and is the last surviving child of seven. She celebrated 68 years of marriage with her late husband, Winfield "Scott" Bailey. Together they have 4 children, Sharon (Joe) Groves of Orrville, Ohio; Marty (Bob) Park of Minnora; Joyce (Al) Meek of Kentucky; and one late son John Scott (Kathy) Bailey, 10 grand children and 12 great grand children. Gae was a homemaker who loved to cook, bake, can and tend to her family. These days Gae visits the Minnora CCCOA as often as possible. She enjoys playing rook, word search, reading and watching country music television. However, anyone that knows Gae would say that most of all she enjoys socializing with her friends and family. She is a true inspiration to us all, and has a way of drawing you into her spirit for life. Happy 90th Birthday Gae from all your friends!



September 17, 1787 - At the Constitutional Convention in Philadelphia, delegates from twelve states voted unanimously to approve the proposed U.S. Constitution.

July was really uneventful not like June. Not one snake in the chicken coop, the yard or the house. Yay!!

So let's move on the August. Yes, I know that's my birthday month and yes I know that I turned 82 and I'm lucky so far and blah, blah, blah. Let me tell you how I spent my birthday. I called the hospital a few weeks ago to make an appointment with my primary care provider and guess what day was the first time that I could see her. You'll never guess in a million years. Yep, it was my birthday.

I had a funny little growth on my arm. No, it wasn't Frank. He's never on my arm. Plus the thumb on the right hurts like crazy. It clicks and hurts when I bend the first joint.

Okay, so those were my two complaints are you ready? Here's how it turned out. I have wax in one ear that had to be flushed out. That really hurt. I have high blood pressure that we have to keep an eye on. The bottom number is excellent at 77 but the top is a little high. My oxygen level is really good. My temperature is real good. The little bump on my arm (not Frank) is skin cancer and I have to see that it gets removed. The X-rays that were taken of my thumbs show no break or fracture.

So, I'll be off to physical therapy. I also have a small varicose vein on the back of my left leg but she says that is will be okay. I have to put poop in an envelope to check for colon cancer. Lucky mail person... Yuk! I also have to have blood work done. Wow!! A bone density test is also on the list of to do items. A colonoscopy was mentioned but that was nixed big time. You know the saying about one-way street and things don't go in. that's why the poop in the envelope.

All of the above because I had a sore thumb and a little growth on my arm--Happy birthday to me. I was told that I was in good shape for my age. That makes me feel so much better.

'Til next month with will be October. Wahoo!!!
(Only 30 days as of September first)
~Judy~



Rite Aid flu shot clinic will be September 13th @ the Grantsville CCCOA, from 9 am-11am.



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](http://www.LifeLineScreening.com/community-partners)

For A Special Friend

Friends are generous with time they always have enough!
To share the news a laugh or even tears when times are rough!
Spare moments may be precious yet friends splurge with perfect ease!
Friends don't keep track of where time goes they just make memories!

Written by: Virginia Simmons



Health Benefits of Eating Cherries

Cherries are an antioxidant and help aid in reducing the risk of a gout attack. They lower the risk of some types of cancer (colon, pharynx, larynx, mouth, and lung cancers). They enhance cognition and improve memory by being an inhibitory for brain deterioration. Cherries help with weight loss by making you feel full quicker. Eating a bowl of cherries before a meal will help you eat less overall and help speed up your metabolism and help reduce belly fat. Cherries will help regulate sleep because they contain melatonin.

Interesting Facts

- The total number of steps in the Eiffel Tower is 1665.
- The average person walks the equivalent of twice around the world in a lifetime.
- Slugs have 4 noses.
- If you leave everything to the last minute... it will only take a minute.
- Unlike many other big cats, snow leopards are not aggressive towards humans. There has never been a verified snow leopard attack on a human being.
- Over 1000 birds a year die from smashing into windows.
- George W. Bush was once a cheerleader.
- Every year more than 2500 left-handed people are killed from using right-handed products.
- Squirrels forget where they hide about half of their nuts.
- China has more English speakers than the United States.
- Kleenex tissues were originally used as filters in gas masks.
- The Bible is the most shoplifted book in the world.

10 things you may have forgotten about 9/11

(This article was published last year by Ray Locker , USA TODAY Sept. 11, 2016)Top of Form

WASHINGTON — Sunday marks the 15th anniversary of the terrorist attacks on Sept. 11, 2001, that killed 2,977 people in New York, the Pentagon and in a field in rural Pennsylvania. The attacks and the reaction to them have shaped U.S. policy for the last 15 years, leaving a nation that is far more vigilant and jittery about terrorism. Yet for all of the talk about 9/11, many elements of the attacks and the actions leading up to them have receded from the public memory. Here are 10 things you may have forgotten about 9/11:

1. We don't know how the hijackers got into the cockpits of some of the planes.

The comprehensive report of the commission created to investigate the attacks, which was published in 2004, said no one could determine how the hijackers were able to get into the cockpits of the four commercial airliners they hijacked. A flight attendant on American Flight 11 "speculated that they had 'jammed their way' in," the 9/11 report said. "Perhaps the terrorists stabbed the flight attendants to get a cockpit key, to force one of them to open the cockpit door, or to lure the captain or first officer out of the cockpit." Once the hijackers gained control of American 11, they guided it toward New York's World Trade Center towers, where it struck the North Tower of the World Trade Center at 8:46 a.m. All 81 passengers, including the five hijackers, and nine crew members died in the crash, along with an unknown number of people in the tower.

2. Passengers and crew aboard the planes provided critical information.

Those aboard the four hijacked flights — American 11, United 175, American 77 and United 93 — called family and friends from their cell phones or used the aircrafts' radio communications to report the hijackings. That alerted authorities to the hijackings and enabled them to understand why they could not track the planes after their navigation systems were turned off. American 77, which departed Washington's Dulles airport, was hijacked near Indianapolis and then turned back toward Washington. Its destination: the Pentagon. Passenger Barbara Olson, the wife of Solicitor General Ted Olson, called her husband to report "that the flight had been hijacked, and the hijackers had knives and box cutters." American 77 crashed into the Pentagon at 9:37 a.m., killing all 64 people on board, including the five hijackers. Information gathered from the calls from flight attendants and passengers enabled investigators to piece together the events on board each plane and how the hijackings occurred.

3. Light passenger loads made it easier for the hijackers to maneuver.

American 11, bound from Boston to Los Angeles, had 81 passengers on board out of a possible 158, according to the 9/11 report and aircraft data. **United 175**, which also left Boston for Los Angeles, had 56 passengers out of a possible 168. That was a "load factor" of 33%, considerably lower than the 49% average for that flight, a federal investigation showed. **American 77**, headed to Los Angeles from Washington, had 58 passengers out of a capacity of 176, the 9/11 report and other reports said. **United 93**, bound from Newark, N.J., to San Francisco, had only 37 passengers for a 20% load factor, which was far below the normal 52%.

4. Missing hijacker made it easier for United 93 passengers to storm the cockpit.

This is the only one of the four hijacked flights that did not strike its intended target, the U.S. Capitol. Some of that is because it was the only one that had four hijackers instead of the five that took down American 11, American 77 and United 175. "The operative likely intended to round out the team for this flight, Mohamed al Kahtani, had been refused entry by a suspicious immigration inspector at Florida's Orlando International Airport in August," the 9/11 report said. As the passengers were just seconds away from getting into the cockpit, the hijacker at the controls crashed the plane in an empty field in Shanksville, Pa., just 20 minutes flying time from Washington.

5. The World Trade Center had been targeted before.

New York's World Trade Center held an iconic status for terrorists even before 9/11. Shortly after noon on Feb. 26, 1993, a bomb planted in a van parked in the center's underground parking garage exploded, killing six people and wounding more than 1,000, the 9/11 report said. "The bombing signaled a new terrorist challenge, one whose rage and malice had no limit," the 9/11 report said. "Ramzi Yousef, the Sunni extremist who planted the bomb, said later that he had hoped to kill 250,000 people."

6. Vice President Cheney ordered United 93 to be shot down before the passengers forced the crash of United 93, then-vice president Dick Cheney gave the approval for the plane to be shot down before it could reach Washington, the 9/11 report said.

"The Vice President authorized fighter aircraft to engage the aircraft," the report said. However, the report added, the Air Force fighters that were airborne at the time probably would not have found and reached United 93 in time. Military "officials have maintained consistently that had the passengers not caused United 93 to crash, the military would have prevented it from reaching Washington, D.C.," the 9/11 report said. "That conclusion is based on a version of events that we now know is incorrect."

7. Earlier plots also targeted commercial aircraft.

Ramzi Yousef, who planned the 1993 World Trade Center bombing, had planned a massive attack on 12 U.S. airliners over the Pacific in 1995, the 9/11 report said. Yousef worked with his uncle, Khalid Sheikh Mohammed, to devise the plot, the report said. Mohammed later became one of the masterminds of 9/11. Yousef was arrested in Islamabad, Pakistan, on Feb. 7, 1995, after an accomplice turned him in, the report said. The Manila plot was never carried out.

8. The U.S. worked on multiple attempts to kill Osama bin Laden before 9/11.

The CIA and other agencies developed a plan to capture bin Laden in early 1998, the report said. That was delayed and then revived, but it was hampered by concerns from military officials about relying on Afghan tribal leaders. Then-national security adviser Sandy Berger was concerned about what would be done with bin Laden if he was captured and whether the evidence against him could lead to a criminal conviction in a U.S. court. After the U.S. embassies in Kenya and Tanzania were bombed on Oct. 8, 1998, President Bill Clinton authorized cruise missile strikes against bin Laden's compound in Afghanistan. He survived but was later killed by a Navy SEAL team in May 2011.

9. The CIA warned President Clinton about hijackings in 1998.

In the Dec. 4, 1998, President's Daily Brief from the CIA, the agency told Clinton that "Bin Ladin Preparing to Hijack US Aircraft and Other Attacks." The plan, the agency said, was to hijack the planes to gain the release of Yousef and other terrorists, the 9/11 report said. But the agency had no firm information, and the hijackings did not take place. Throughout December 1998, U.S. officials tracked bin Laden around the region and tried to develop a plan to attack him with cruise missiles.

10. Saudi Arabia had multiple ties to the hijackers.

When the 9/11 report was released in 2004, 28 pages of material remained classified and the subject of intense speculation about their contents. Those pages, which were released in July, showed multiple links to associates of Saudi Arabian Prince Bandar, the former longtime ambassador to the United States. The documents, as USA TODAY reported in July, "show possible conduits of money from the Saudi royal family to Saudis living in the United States and two of the hijackers in San Diego. The documents also indicate substantial support to California mosques with a high degree of radical Islamist sentiment." The pages were not released, because the details contained in them had not been confirmed or shown to be relevant to the 9/11 attacks. Fifteen of the 19 hijackers were from Saudi Arabia.

September 1, 1983 - Korean Air Lines Flight 007 was shot down by a Russian fighter jet while on route from New York to Seoul, killing all 269 persons on board. The Boeing 747 reportedly strayed 100 miles off course over secret Soviet Russian military installations on the Kamchatka Peninsula and Sakhalin Island. It crashed in the Sea of Japan.

September 2, 1789 - The third Presidential cabinet department, the U.S. Treasury, was established by Congress.

September 2, 1945 - President Harry Truman declared V-J Day (Victory over Japan Day) commemorating the formal Japanese surrender to the Allies aboard the USS *Missouri* in Tokyo Bay.

September 4, 1886 - The last major U.S.-Indian war came to an end as Geronimo was captured. He died of natural causes in 1909 at Fort Sill, Oklahoma.

September 5, 1774 - The First Continental Congress assembled in Philadelphia with 56 delegates, representing every colony, except Georgia. Attendants included Patrick Henry, George Washington, Sam Adams and John Hancock.

September 5, 1975 - The first of two September assassination attempts on President Gerald Ford occurred as a woman pointed a gun at the President in Sacramento, California. Two weeks later, a second attempt occurred as another woman fired a shot at Ford in San Francisco. Ford was not harmed in either incident.

September 5, 1997 - Mother Teresa died in Calcutta at age 87, after a life of good works spent aiding the sick and poor in India through her Missionaries of Charity order.

September 8, 1900 - A hurricane with winds of 120 mph struck Galveston, Texas, killing over 8,000 persons, making it the worst natural disaster in U.S. history. The hurricane and tidal wave that followed destroyed over 2,500 buildings.

September 11, 2001 - The worst terrorist attack in U.S. history occurred as four large passenger jets were hijacked then crashed, killing nearly 3,000 persons. Four separate teams of Mideast terrorists, operating from inside the U.S., boarded the morning flights posing as passengers, then forcibly commandeered the aircraft. Two fully-fueled jumbo jets, American Airlines Flight 11 carrying 92 people and United Airlines Flight 175 carrying 65 people, had departed Boston for Los Angeles. Both jets were diverted by the hijackers to New York City where they were piloted into the twin towers of the World Trade Center. The impact and subsequent fire caused both 110-story towers to collapse, killing 2,752 persons including hundreds of rescue workers and people employed in the towers. In addition, United Airlines Flight 93, which had departed Newark for San Francisco, and American Airlines Flight 77, which had departed Dulles (Virginia) for Los Angeles, were hijacked. Flight 77 with 64 people on board was diverted to Washington, D.C., then piloted into the Pentagon building, killing everyone on board and 125 military personnel inside the building. Flight 93 with 44 people on board was also diverted toward Washington but crashed into a field in Pennsylvania after passengers attempted to overpower the terrorists on board.

September 12, 1953 - John F. Kennedy, 36, married Jacqueline Bouvier, 24, in a ceremony before 750 invited guests at St. Mary's Church in Newport, Rhode Island, conducted by Archbishop Richard Cushing of Boston.

September 13, 1788 - The U.S. Congress chose New York as the Federal capital of the new American government.

September 14, 1901 - Eight days after being shot, President William McKinley died from wounds suffered during an assassination attempt in Buffalo, New York. He was succeeded by Theodore Roosevelt.

September 15, 1944 - The first entry of American troops into Hitler's Germany occurred as elements of the U.S. 7th and 5th Corps reached the southwestern frontier of Germany.

September 16, 1620 - The *Mayflower* ship departed from England, bound for America with 102 passengers and a small crew. The ship weathered dangerous Atlantic storms and reached Provincetown, Massachusetts on November 21st. The Pilgrims disembarked at Plymouth on December 26th.

September 17, 1862 - The bloodiest day in U.S. military history occurred as General Robert E. Lee and the Confederate armies were stopped at Antietam in Maryland by General George B. McClellan and numerically superior Union forces. By nightfall 26,000 men were dead, wounded, or missing.

September 18, 1947 - The U.S. Air Force was established as a separate military service.

September 19-20, 1985 - Earthquakes in Mexico City killed an estimated 5,000 to 20,000 persons and left more than 100,000 homeless, causing \$4 billion in damage. The quakes registered 8.1 and 7.5 on the Richter scale.

September 22, 1862 - President Abraham Lincoln issued a preliminary Emancipation Proclamation freeing the slaves in territories held by Confederates as of January 1, 1863.

September 25, 1789 - The first U.S. Congress proposed 12 Amendments to the Constitution, ten of which, comprising the Bill of Rights, were ratified.

September 26, 1960 - The first-ever televised presidential debate occurred between presidential candidates John F. Kennedy and Richard M. Nixon. Many who watched were inclined to say Kennedy 'won' the debate, while those who listened only to the radio thought Nixon did better. Nixon, who declined to use makeup, appeared somewhat haggard looking on TV in contrast to Kennedy.

September 30, 1955 - Actor James Dean was killed in a car crash in California at age 24. Although he made just three major films, *Rebel Without a Cause*, *East of Eden* and *Giant*, he remains one of the most influential actors.

Upcoming Day Trips!

September 7th- Little Sorrel
October 19th- Gandy Dancer Theater

For future details contact Cindy Cottrell or Samantha Cowan @ 304-354-7017.
 Seating is limited, we ask that you pay for the trip when signing up.

Ranch Pasta Salad



Ingredients:

- 1 (16 ounce) package of medium seashell pasta
- 1 pound of sliced bacon or you can use bacon bits
- 1 1/2 cups of light Ranch-Style salad dressing
- 1 small onion, chopped
- 2 tomatoes, chopped
- 1-small bag of frozen peas

Directions:

- Bring a large pot of lightly salted water to a boil. Add the pasta, and cook until tender, about 8 minutes. Drain, and rinse under cold water to cool.
- Meanwhile, cook the bacon in a large deep skillet over medium-high heat until browned and crisp. (If you are using bacon bits you can skip this step.) Remove from the pan and drain on paper towels.
- In a large bowl, stir together the Ranch dressing, onion, and tomatoes, frozen peas. Mix in the cooled pasta. The pasta will absorb some of the dressing, so don't worry if it seems like too much. Refrigerate for several hours or overnight. Crumble bacon (or sprinkle bacon bits) over the top just before serving.

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: _____

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2% Milk & Margarine Served Daily</p>	<p>Menu Subject To Change Without Notice</p>			<p>1 Ham Sliced Whole Wheat Bread Loose Leaf Lettuce Red Tomato Baked Beans Vanilla Ice Cream Strawberries</p> <p>Labor Day BIG BINGO</p>
<p>4 CLOSED FOR LABOR DAY</p>	<p>5 Macaroni Cheese & Chicken Casserole Spinach Marinated Beets & Onions Watermelon Whole Wheat Bread</p> <p>Healthy Me</p>	<p>6 Seasoned Broiled Fish Potatoes Green Beans Pineapple Whole Wheat Bread</p>	<p>7 Fiesta Hamburger on Whole Wheat Bun Red Tomato Iceberg Lettuce Leaves Oven Browned Potatoes Banana</p>	<p>8 Turkey A' la King Whole Wheat Biscuit Broccoli Fruit Cocktail</p>
<p>11 Chicken Corn Casserole Mashed Potatoes Chicken Gravy Peas Mandarin Oranges Whole Wheat Bread</p>	<p>12 Tasty Meat Loaf Scalloped Potatoes Green Beans Apple Whole Wheat Bread</p> <p>"Healthy Me"</p>	<p>13 Roasted Beef Orange Glazed Sweet Potatoes Spinach Fruit Cocktail Whole Wheat Bread</p> <p>Roane Home Care Clinic</p>	<p>14 Oven Baked Chicken Potatoes Seasoned Vegetable Medley Orange Pineapple Gelatin Whole Wheat Bread</p> <p>Spencer Shopping Trip</p>	<p>15 Bean Soup w/Ham Egg Salad Sandwich on Whole Wheat Bread Fruit Salad w/ Strawberries</p>
<p>18 Creole Baked Pork Chops Mashed Potatoes Pork Gravy Mustard Greens Banana Whole Wheat Bread</p>	<p>19 Chili w/Meat & Beans Waldorf Salad Peach Yogurt Dessert Whole Wheat Bread Milk</p>	<p>20 Chicken Stew Long Grain Brown Rice Broccoli Pear Halves Whole Wheat Bread</p>	<p>21 Pinto Beans Onions Turnip Greens Applesauce Cornbread</p> <p>WF Bowling Trip</p>	<p>22 Baked Flounder w/ Lemon Sauce Oven Browned Potatoes Carrot-Raisin Salad</p> <p>SHIP Counselor</p>
<p>25 Mixed Vegetable Soup Cheese Slices Whole Wheat Bread Loose Leaf Lettuce Three-Bean Salad Cherry Crisp</p> <p>Board Meeting</p>	<p>26 Lasagna Raw Vegetable Salad Plums Whole Wheat Garlic Toast</p>	<p>27 Barbecue Chicken Au Gratin Potatoes Green Beans Apricots Whole Wheat Bread</p> <p>Grantsville B-Day Dinner</p>	<p>28 Salisbury Steak w/ Gravy Mashed Potatoes Mexican Style Corn Apple Slices Whole Wheat Bread</p> <p>WF B-Day Dinner</p>	<p>29 Split Pea Soup Ham Salad w/ Vegetables Vanilla Pudding Blueberry Sauce Whole Wheat Bread</p>

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



Sports Word Scramble



1. lfog _____
2. elkbaatbls _____
3. ocserc _____
4. nntsie _____
5. balsable _____
6. teaark _____
7. gbryu _____
8. botafoll _____
9. rwate oopl _____
10. igsnrwetl _____
11. hoceyk _____
12. scroasel _____
13. rkadc _____
14. lbfsltoa _____
15. gwimnsim _____
16. srocs uroyctn _____
17. xoinbg _____
18. lqutlrecbaa _____
19. ivgnid _____
20. ngnecif _____

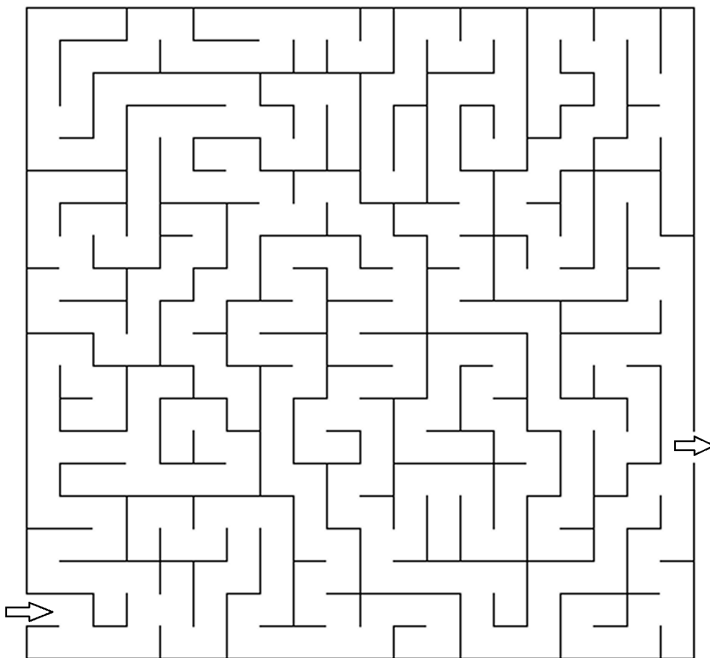
Word Search by Labor-Day-Weekend.com

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

BREAK
 HOLIDAY
 OFFICE
 SCHOOL
 TRIP

CUBICAL
 JOB
 PARTY
 SEPTEMBER
 VACATION

GAMES
 MONDAY
 RELAX
 SUMMER
 WORK



Jobs and Professions Word Search

Can you find the names of jobs and professions hidden in the puzzle?

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

- ARTIST
- BANKER
- BUILDER
- CARPENTER
- CASHIER
- CLERK
- COOK
- DENTIST
- DOCTOR
- DRIVER
- ENGINEER
- FARMER
- FIREFIGHTER
- LABORER
- LAWYER
- MANAGER
- MECHANIC
- NURSE
- PAINTER
- PILOT
- SECRETARY
- TEACHER
- TECHNICIAN
- TOOLMAKER
- WAITER
- WRITER



CCCOA Business Page

Executive Director: Rick Poling

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



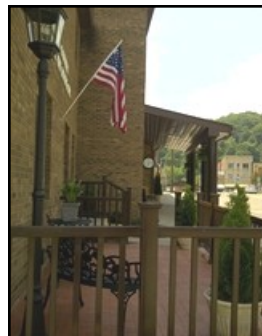
The CCCOA Board of Directors meet the fourth Monday of each month at CCCOA. Interested citizens are always welcome at board meetings and encouraged to attend.

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.

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.

Grantsville Center
105 Market Street
Grantsville, West Virginia 26147

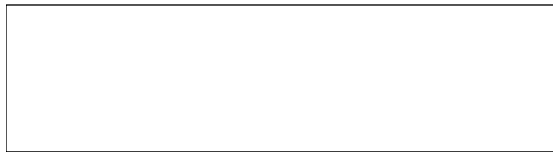
Hours: 7:30am - 3:30pm
Monday through Friday
Phone: 304.354.7017
Fax: 304.354.6859
Mailing: Post Office Box 619
Grantsville, WV 26147



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
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Calhoun County Committee on Aging Inc.