

Inside This Issue:



CCCOA NEWS

Calhoun County Committee on Aging

Post Office Box 619

Grantsville, WV 26147

Phone: 304-354-7017 Fax: 304-354-6859

September

Grantsville Events	2
West Fork Events	3
Birthday Page	4
West Fork News	5
Tidbits	6
Grantsville News	7
Important Info.	8
Recipe	9
Soapbox	10
Important Info.	11
Important Info.	12
Important Info.	13
Program Info.	14
Program Info.	15
Menu	16
Recipe/Fun Page	17
Fun Page	18
Business Page	19

- Sept 3rd** **CENTER CLOSED FOR LABOR DAY!**
- Sept 5th** **Roane Home Care Bingo @ 11:00am**
- Sept 7th** **Genesis Bingo @ 11:00am**
- Sept 12th** **Craft Class 9:30am**
- Sept 14th** **BIG BINGO 11:00 am**
- Sept 15th** **Pettyville Shopping Trip Depart @ 8:30am**
- (Saturday)** **Trip must be paid for at time of reservation.**
- Sept 20th** **Cash Bingo @ 12:30 pm**
- Sept 24th** **Board Meeting @ 2:30 pm**
- Sept 26th** **Covered-Dish Birthday Dinner @ Grantsville Site**
- Musical Entertainment 10:30-11:30 am**
- Sept 27th** **Covered-Dish Birthday Dinner @ West Fork Site**
- Musical Entertainment 10:30-11:30 am**
- Sept 28th** **SHIP Counselor @ 10:45am**





September 2018 Grantsville Events



Sept. 3rd, Mon.

CENTER CLOSED FOR LABOR DAY

Sept. 4th, Tues.

Bible Study 10:15 a.m.

Sept. 5th, Wed.

**Roane Home Care Bingo 11:00 a.m.
Choir Practice 10:30-11:00 a.m.**

Sept. 7th, Fri.

Genesis Bingo 11:00 a.m.

Sept. 10th, Mon.

"Healthy Me"

Sept 11th. Tues.

**Bible Study 10:15 a.m.
Planning Committee 1:30 p.m.**

Sept. 12th, Wed.

**Craft Class 9:30 a.m.
Choir Practice 10:30-11:00 a.m.**

Sept. 14th, Fri.

BIG BINGO 10:30 a.m.

Sept. 15th, Thurs.
(Saturday)

**Pettyville Shopping Trip 8:30 a.m.
Trip must be paid at time of reservation.
\$15 from home; \$12 from center**

Sept. 18th, Tues.

Bible Study 10:15 a.m.

Sept. 19th, Wed.

Choir Practice 10:30-11:00 a.m.

Sept. 20th, Thurs.

CASH BINGO 12:30 p.m.

Sept. 24th, Mon.

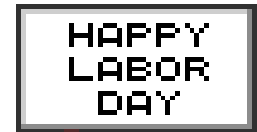
Board Meeting 2:30 p.m.

Sept. 25th, Tues.

Bible Study 10:15 a.m.

Sept. 26th. Wed.

**Covered-Dish Birthday Dinner
Musical Entertainment 10:30—11:30 A.M.
NO BINGO WILL BE PLAYED TODAY!**

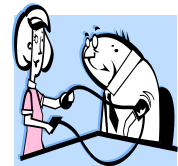




September 2018 West Fork Events




LABOR DAY



Sept. 3rd, Mon.	CLOSED FOR LABOR DAY
Sept. 4th, Tues.	Cards/Board Games 10:30-11:30 A.M.
Sept. 6th, Thurs.	Board Games 10:30—11:30 A.M
Sept. 10th, Mon.	Cards/Crafts/Board Games 10:30—11:30 A.M.
Sept. 11, Tues.	Cards/ Games 10:30-11:30 A.M.
Sept. 13th, Thurs.	Roane Home Care Bingo Card/Board Games/Corn Hole 10:30—11:30 A.M
Sept. 17th, Mon.	Cards/Board Games 10:30—11:30 A.M.
Sept. 18th, Tues.	Cards/Games 10:30-11:30 A.M.
Sept. 20th, Thurs.	Cards/Games 10:30-11:30 A.M.
Sept. 24th, Mon.	Crafts/Cards/Board Games 10:30—11:30 A.M.
Sept. 25th, Tues.	Cards/Games 10:30-11:30 A.M.
Sept. 27th, Thurs.	Covered Dish Birthday Dinner & Entertainment Hospice Visit

Find the Needle
 Last page of page 2.
 Daily Socializing 9:30-10:00
 A.M. unless otherwise stated
 Actual needle size
**Bingo will be played daily
 from 10:00—10:30 A.M. unless
 otherwise stated**



Rite Aid/Walgreens will be offering Flu, Pneumonia, Tetanus, Shingles, and Hepatitis Shots at the CCCOA on October 24th from 9-11 am.

If you are interested in getting any vaccine other than the Flu shot, you will need to pre-register with Rite Aid/Walgreens.

Call 304-354-9232 to pre-register, and see if you owe a co-pay.



September Birthdays

- Thomas Fox Oct 1
- Theodore Poulin Oct 3
- Ruth Poorman Oct 3
- Winifred Duskey Oct 6
- Joanne Brannon Oct 9
- Tressie Starcher Oct 9
- Larry Cottrell Oct 10
- Janet Cunningham Oct 10
- Phyllis Kerby Oct 12
- Joan Auvil Oct 14
- Virginia McCumbers Oct 15
- Donald Harris Oct 17
- Sandra Yeager Oct 23
- Bonnie Cain Oct 24



French Stump and Patty Little celebrate August birthdays!



Happy Birthday Pearle Johnson we miss you!

CCCOA Employee



- Carroll McCauley Oct 4
- Brenda Sisson Oct 10



Gae Bailey and Ruth Morris
Happy Birthday Ladies



Birthday dinner entertainment provided by:
Seated: Clayton Moore, Standing: Larry Cottrell and
Sharon Knotts, Seated: Jim Shields and Eugene Parsons.

2018 West Virginia Festival Schedule September

- 9/1 – Bergoo Bash – Bergoo
 9/1-9/2 – Festival of the Rivers – Hinton
 9/1-9/2 – Fort Henry Days – Wheeling
 9/1-9/3 – Oak Leaf Festival – Oak Hill
 9/1-9/9 – Beckley Kids Classic Festival – Beckley
 9/2* – Cacapon Homecoming – Berkeley Springs
 9/6-9/9 – Culturefest World Music and Arts Festival – Pipestem
 9/7-9/8 – Nicholas County Potato Festival – Summersville
 9/7-9/9 – Mercer County Heritage Festival – Princeton
 9/7-9/9 – Black Heritage Festival – Clarksburg
 9/8 – Mound Festival – South Charleston
 9/8* – Wheeling Bluegrass Festival – Wheeling
 9/8 – Matewan Homecoming – Matewan
 9/8 – Freshwater Folk Festival – White Sulphur Springs
 9/8-9/9 – Putnam County Homecoming – Winfield
 9/9 – Happy Retreat Wine and Jazz Festival – Charles Town
 9/9-9/15 – Craigsville Fall Festival – Craigsville
 9/11-9/16 – October Sky Rocket Boys Festival – Beckley
 9/13-9/15 – Barboursville Fall Fest – Barboursville
 9/13-9/15 – Wheeling Heritage Port Sternwheel Festival – Wheeling
 9/13-9/15 – West Virginia Oil and Gas Festival – Sistersville
 9/13-9/16 – Treasure Mountain Festival – Franklin
 9/13-9/16 – Gauley Fest – Summersville
 9/13-9/16 – Clay County Golden Delicious Festival – Clay
 9/14 – Burnsville Fall Fest – Burnsville
 9/14-9/15 – Lost Creek Community Festival – Lost Creek
 9/14-9/16* – Dunbar Fall Festival – Dunbar
 9/15* – Fall Festival – Camp Creek
 9/15 – Elizabethtown Festival – Moundsville
 9/15 – ChiliFest – Huntington
 9/15* – Color Festival – Moundsville – CANCELED
 9/15 – Downtown Throwdown BBQ & Brewfest – Parkersburg
 9/15 – UMAC's Fall Festival on the Avenue – Moundsville
 9/15-9/16 – Mothman Festival – Point Pleasant – My Review
 9/15-9/16 – Harvest Moon Arts and Crafts Festival – Parkersburg
 9/15-9/16 – West Virginia Wine and Jazz Festival – Morgantown
 9/15-9/16 – Grape Stompin' Festival – Summersville
 9/16 – Oktoberfest Celebration – Shepherdstown
 9/20-9/23* – Septemberfest – Davis
 9/21-9/23 – Volcano Days Antique Engine Show & Festival – Waverly
 9/21-9/23 – Lumberjackin' Bluegrassin' Jamboree – Mullens
 9/22 – Battelle District Fair's Fall Festival – Wadestown
 9/22 – Hank Williams Tribute and Beer Festival – Oak Hill
 9/22-9/23 – Country Roads Festival – Ansted
 9/22-9/23* – Aunt Jennie's Music Festival – Logan
 9/27-9/29* – Chapmanville Apple Butter Festival – Chapmanville
 9/27-9/29* – West Virginia Molasses Festival – Arnoldsburg
 9/27-9/30 – Buckwheat Festival – Kingwood
 9/28-9/29 – Autumn Harvest Festival and WV RoadKill Cook-Off – Marlinton
 9/28-9/30 – Mountain Heritage Arts and Crafts Festival – Shenandoah Junction
 9/28-9/30 – Sistersville Marble Festival – Sistersville
 9/28-9/30 – Leaf Peeper's Festival – Davis
 9/28-9/30 – Founders Day Festival – Capon Bridge
 9/28-9/30 – Greek Festival – Huntington
 9/29* – Big Coal River Heritage Day – Racine
 9/29 – Funktafest Music Festival – Huntington
 9/29 – Harvest Festival – Hurricane
 9/29 – Chili Cookoff – Martinsburg
 9/29 – Frankford Autumnfest – Frankford
 9/29 – Princeton Autumnfest – Princeton
 9/29 – Oktoberfest in the Park – Bluefield
 9/29-9/30 – Fall Riverfest – New Cumberland
 9/29-10/8 – Mountain State Forest Festival – Elkins
 9/30 – Cranberry Mountain Shindig – Hillsboro

9/27-9/29 – West Virginia Molasses Festival – Arnoldsburg

A three day festival centered around the traditional heritage ways of making Molasses. The festival also exhibits home grown fruits and vegetables (canned and fresh), woodworking, photography, quilts and more. Demonstrations include the making of molasses, apple butter, quilts and more.

People come from miles around to hear the glorious, yet traditional sounds of bluegrass, country and gospel music, while enjoying the festival carnival and games.

The Molasses Festival Parade is held on Saturday at noon.

Please check the Chronicle for upcoming events and times pertaining to the Molasses Festival.

CCCOA Gun Raffle



The Calhoun County Committee on Aging will be selling chances to win a 243 Savage Rifle.

Tickets are **\$10.00**

The drawing will be November 1st!

You must be 18 years of age to win and able to pass a background check. Background checks will be done at the Outdoor Store in Arnoldsburg, WV. Once you have passed your background check you will be presented with the rifle.

For tickets call 304-354-7017
or see a staff member of the CCCOA!

Upcoming Day Trips!

Pettyville Shopping Trip

SEPTEMBER 15, 2018 (SATURDAY)

For further details contact Cindy Cottrell
@ 304-354-7017.

Seating is limited, we ask that you
pay for the trip when signing up.



Thursday, September 20th
CCCOA Dining Hall
Open to the public!
Beginning at 12:30pm,
quarter per card, per game!
The bus will be
running after bingo!

**Annual CCCOA Christmas
Craft & Vendor Show**

October 5th & 6th, 7:00am to 5:00pm
For further details call 304-354-7017.

Crafters/Vendors please call to register asap, limited space available.
You will be allowed to set up your displays on the afternoon of the 4th in the
basement, which is accessible by elevator or at the back entrance.

Please join us and help spread the word!



CROCK POT SANTA FE CHICKEN

TOTAL TIME: 8 hours

Slow cooker shredded chicken with corn, tomatoes and black beans. Prep this the night before and turn your crock pot on in the morning for an easy weeknight meal.

INGREDIENTS:

- 24 oz (1 1/2) lbs chicken breast
- 14.4 oz can diced tomatoes with mild green chilies
- 15 oz can black beans, rinsed and drained
- 8 oz frozen corn
- 1/4 cup chopped fresh cilantro
- 14.4 oz can fat free chicken broth
- 3 scallions, chopped
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp cumin
- 1 tsp cayenne pepper (to taste)
- salt to taste



DIRECTIONS:

Combine chicken broth, beans (drained), corn, tomatoes, cilantro, scallions, garlic powder, onion powder, cumin, cayenne pepper and salt in the crock pot.

1. Season chicken breast with salt and lay on top.
 2. Cook on low for 8 – 10 hours or on high for 4 to 6 hours.
 3. Thirty minutes before serving, remove chicken and shred.
 4. Return chicken to slow cooker and stir in. Adjust salt and seasoning to taste.
- Serve over rice or tortillas and with your favorite toppings.

Instant Pot:

- Cook high pressure 25 minutes, quick or natural release.

August did not start out well for me. It's very sad. To tell the story I must go back about three years. One day while walking down the sidewalk to the garage I saw something move quickly into one of the pine shrubs at the end of the walk. There are two of them, one on each side of the steps. I was curious, so I kept my eye out for whatever it was. And one sunny day I discovered a little lizard up on our split rail fence soaking up the sun. I said, "hi little buddy." And thus, started our friendship.

I called him Gecko but had to break it to him that he was just a fence lizard. I found a picture of him in my "Wonderful West Virginia" magazine. I didn't see him for two days. I think that I hurt his feelings and he was mad at me. He showed up after he got over his disappointment at not being a gecko. He lived under that shrub for almost three years. Through all kinds of weather. I talked, and he just blinked.

But one day he was on the sidewalk in the sun and the cat from you know where heard me talking to him and came down to investigate. He chased my little buddy into the bush. I got the watering can and threw water on the bush. It didn't work. So, I got the cottage cheese container that I keep full of water outside. You never know if we'll have water with our water company. The water from that container thrown on the shrub worked. Gizzy came out of the shrub with my buddy in his mouth. I chased him. He went back under the magnolia tree. I shook the branches and he came out the other side and dropped my buddy.

I smacked Gizzy's butt and told him he was a bad cat. He ran. I picked up my dead buddy and put him in the cottage cheese container on the wooden table on the front porch. Imagine my shock when on that evening I found the container empty!! My son said that he will go back to where he lives. And, he did. A few days later I found him laying by his shrub—dead. Really dead this time. Bad cat. I buried my buddy outside to the right of my laundry room door. I go in and out of that door all the time. I still talk to him. I miss him. He might have been just a fence lizard, but he was my fence lizard. I do believe that he was a Gecko.

30 more days as of 9-1-18. WAHOOO!!!

'til next month,
~Judy~



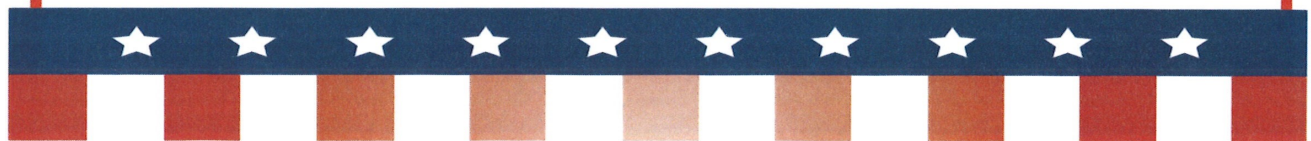


Veterans Appreciation Reception

You are invited to attend the Veterans
Appreciation Reception on November 7th,
at 10:30 a.m., in the
Dining hall of the Grantsville CCCOA.

Reception will begin at 10:30 a.m.,
Lunch will be served at 11:30 a.m..
Free of charge to Veterans
and one guest.

We appreciate your service to our country,
and we thank you.



QUILT RAFFLE



The CCCOA is raffling off tickets for a beautiful King Size quilt.

Drawing on October 30th

(Need not be present to win)

Proceeds will go to the West Fork CCCOA Seniors.

Tickets are being sold for \$1 each or 6 for \$5.

For more information call 304-655-8805

GET YOUR SHOTS!

Rite Aid/Walgreens will be at the CCCOA in Grantsville on October 24th, from 9-11am offering Flu, Pneumonia, Tetanus, Shingles and Hepatitis Vaccines.

If you are interested in getting any vaccine other than the Flu shot, you will need to pre-register with Rite Aid/Walgreens @ 304-354-9232.
You may have a co-pay!



Annual CCCOA Christmas Craft & Vendor Show

October 5th & 6th, 7:00am to 5:00pm
In the basement of the Grantsville, CCCOA.

If you are interested in setting up as a vendor/crafter please call 304-354-7017.

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

September 2018 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED LABOR DAY	4 Macaroni & Cheese Chicken Tenders Brussel Sprouts	5 Fish Potatoes Green Beans Pineapple Whole Wheat Bread	6 Hamburger on Whole Wheat Bun Red Tomato Iceberg Lettuce Leaves Oven Browned Potatoes Banana Pudding	7 Turkey A' la King Whole Wheat Biscuit Broccoli Fruit Cocktail
10 Baked Steak Mashed Potatoes Gravy Peas Juice Whole Wheat Bread	11 Tasty Meat Loaf Scalloped Potatoes Green Beans Juice Whole Wheat Bread Planning Committee	12 Cook's Choice Craft Class	13 Oven Baked Chicken Potatoes Seasoned Vegetable Medley Orange Pineapple Gelatin Whole Wheat Bread Shopping Trip	14 Bean Soup Cornbread Coleslaw Juice Big Bingo
17 Baked Pork Chops Mashed Potatoes Gravy Mustard Greens Juice Whole Wheat Bread	18 Chile w/Meat & Beans Waldorf Salad Peanut Crackers Whole Wheat Bread Milk	19 Spaghetti w/Meat Sauce Vegetables Garlic Toast Juice	20 Pinto Beans Onions Turnip Greens Applesauce Cornbread CASH BINGO	21 Cook's Choice
24 Mixed Vegetable Soup Cheese Slices Crackers Brownie Board Meeting	25 Lasagna Raw Vegetable Salad Plums Whole Wheat Garlic Toast	26 Barbecue Chicken Potatoes Green Beans Apricots Whole Wheat Bread Grantsville Birthday Din- ner	27 Salisbury Steak w/ Gravy Mashed Potatoes Mexican Style Corn Apple Slices Whole Wheat Bread Westfork Birthday Dinner	28 Cheese Salad Broccoli Soup Vanilla Pudding Whole Wheat Bread Crackers Fruit SHIP Counselor

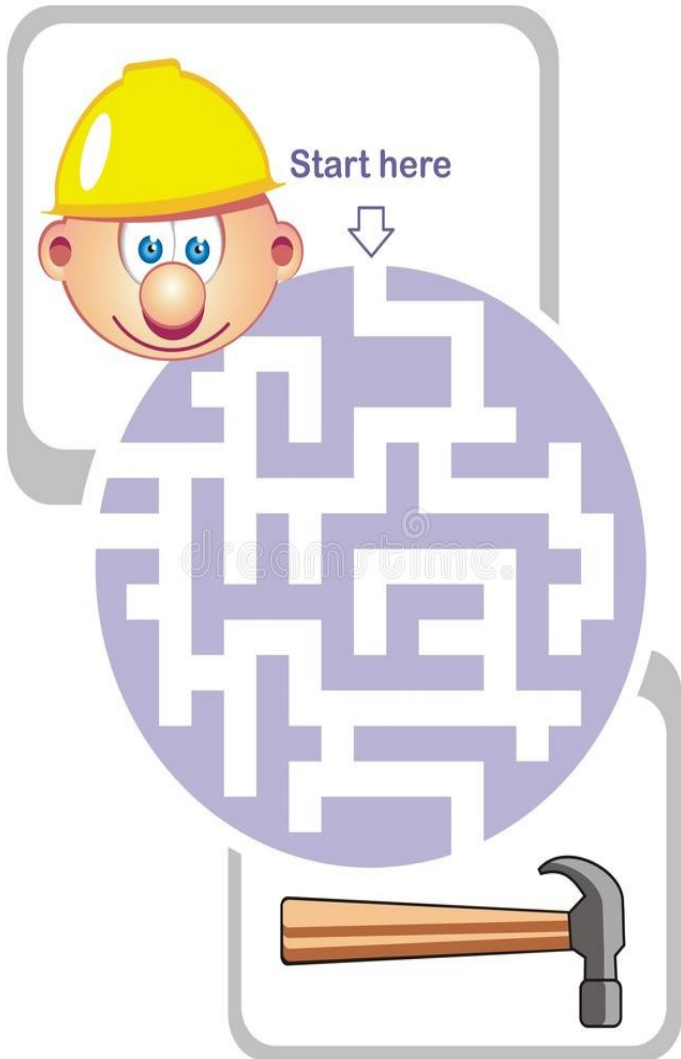
BLUEBERRY CREAM PIE

Ingredients:

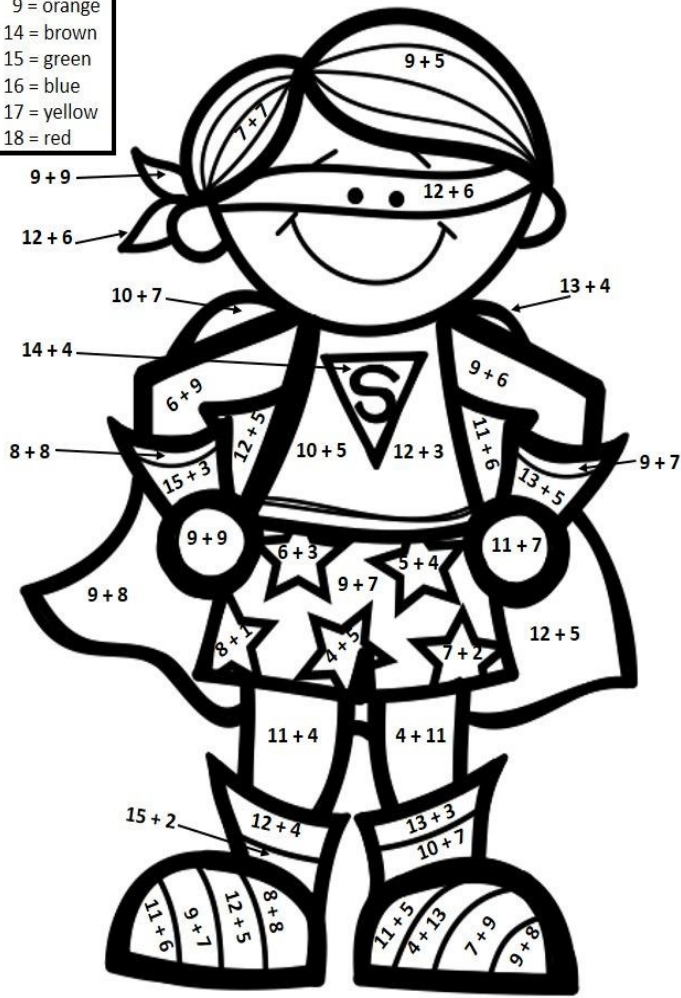
- 9 inch ready made reduced fat graham cracker crust
- 8 oz Whip topping
- 2 cups fresh blueberries
- 2 (5.3 oz) fat free blueberry yogurt

Directions:

Combine Cool Whip, berries and yogurt in a bowl.
Pour into pie crust and chill in the refrigerator at least one hour.
Keep refrigerated until serving.



- 9 = orange
- 14 = brown
- 15 = green
- 16 = blue
- 17 = yellow
- 18 = red



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
 Meals on Wheels
 Satellite Site Minnora
 Trips and Excursions
 Daily Activities
 CCCOA News newsletter
 Internet Café

Transportation
 In-Home Care
 Medicare Counseling
 Book lending Library
 Exercise Room
 Social Support
 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

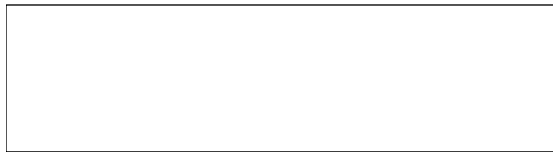


West Fork Center

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
PO Box 619
Grantsville, WV 21647

To Contact CCCOA:
Phone: 304-354-7017
Fax: 304-354-6859
Email: office@cccoa-wv.org

