

CCCOA NEWS

Calhoun County Committee on Aging

PO Box 619, Grantsville, WV 26147

105 Market Street, Grantsville, WV

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

June 2026

Issue 220

June

Birthday Club

Roger Bailey 1st

Carrol Dye 1st

Dennis Keener 4th

Linda Jarvis 8th

Kenny Whytsell 8th

Patty Alexander 12th

Barbara Todd 16th

John Yancey 18th

Mae Sturms 19th

Portia Miller 24th

Brenda Bush 25th

James Propst 29th

Charles Richards 30th

Employees

Roger Jarvis 1st

Maricia Mlynek 1st

Taylor Garrett 3rd

Kathryn Holbert 28th



Father's Day is more than a date on the calendar—it's a moment to stop, and appreciate the incredible role Dads play in the life of an entire family. Whether they're biological dads, stepdads, grandfathers, father figures, or mentors, the impact of a caring and committed man is profound.

Happy Father's Day to all the great dads. The positive role models and the real men. The world appreciates you.



shutterstock.com - 2567768409

Everyone is welcome!

The Grantsville Site offers the following daily activities:

8:00am—10:00am Cards played daily

Bingo played daily at 10:45am unless otherwise stated.

Games, puzzle table, pool table, cornhole, darts, wii, library, craft room and more available.

MAKE SURE YOU CHECK OUT OUR NEW FITNESS ROOM

OPEN 7AM TO NOON

Monday & Wednesday— Cardio Drumming 9:30am– 10:30am

Tuesday& Friday– Chair Yoga @ 10-10:40am

Local Events

May 25th

Closed for Memorial Day!

June 3rd-June 6th

Calhoun Co. Wood Festival

June 13th

Starling's Live Music @ the CCCOA

July 4th

Calhoun County High School Alumni Reunion will be held on Saturday, July 4th, 2026.

Registration will be from 9:00 am to 11:15 am.

Honor classes this year will be 1956, 70th year; 1966, 60th year; 1976, 50th year; and 1986, 40th year. The registration fee will be \$35 per person. We will need your reservations before June 1st to prepare the meals for the day. For those making reservations after June 1st, the cost will be \$40.

Mountaineer Food Bank Days– 7/16, & 11/10 @ the DHHR—10-11:30am

Stop by the B & B Greenhouse located at 163 River Street, Grantsville, WV, United States, 26147

Monday—Friday 10-6, Saturday– 9-4, Sunday 1-4



64th

Calhoun County Wood Festival

"Carving Out Good Times Within Our Roots"



Bennett Hall Band



Josh Pantry



Johnny Staats

John Richards



Soda Pop Gypsies



NON-FRICTION



Connor Mackenzie



**2026 Parade Marshal
Jared Haught**



**June 5
June 6**

**Car Show
June 6th
Court St.**

Bring your lawn chairs

**Wednesday June 3,
6:00 pm - Baby Pageant
7:00 pm - Wood Festival's Got Talent**

**THURSDAY June 4
5:30 pm - Gospel Music
7:00 pm - Opening Ceremonies
7:30 - Mountain Fury**

**FRIDAY JUNE 5
5:30 pm - Non Friction
6:30 pm - Ax Throwing
7:15 pm Connor Mackenzie
8:00 pm - Mullet Contest
8:30 pm - Sodapop Gypsies**

**SATURDAY, JUNE 6
8:00 Lions Club Sausage Breakfast
8:30 am - 5K and Kids Walk/Run
12:00 pm - Grand Parade
1:00 pm- Car Show (Court Street)
1:30 pm - Armwrestling - stage
2:00 - Cornhole Tournament
5:00 pm - John Richards & Johnny Staats
6:00 pm - Pie Eating Contest
7:00 pm - Josh Pantry Band
9:00 pm - Bennett Hall
10:30 pm - Fireworks**

**Lion's Club Bingo
June 2nd thru 6th**

**Carnival by
Thomas Family
Entertainment**

Food Crafts Novelties Fun

**Minnie Hamilton Health System - Calhoun Banks - Calhoun County Commission
Grantsville Foodland - 1982 Foundation - Grantsville Lions Club
Houchin Construction - Stump Funeral Home - Hardmans Home Center
Bridgeport Equipment - Bakers Mart - Grogg's Heating and Cooling
Sweetsong Productions - Tim Moore, State Farm Ins. - J & B Drug Store**

**On the Streets of Grantsville, WV 26147
June 3 thru June 6, 2026**

The Appalachian Classic
is rolling into Calhoun County
Park!

June 19–21, 2026

Join us for an action-packed
weekend of mountain bike
racing, outdoor fun, and
family-friendly activities at
one of West Virginia's favorite
park destinations. Whether
you're a seasoned rider, a
weekend trail explorer, or just
love a great community
event—there's something here
for all ages and all adventure levels.



MOUNTAIN BIKE RACE
Calhoun County Park

- ☐ Epic trails for bikers
- ☐ Fun events & activities for all including disk golf and fishing tournaments
- ☐☐☐☐ A family-friendly atmosphere
- ☐ Mountain bike fans: be sure to like and follow the Friends of The Appalachian Classic page for race updates, schedules, and behind-the-scenes highlights.

A tentative schedule is posted below and is subject to change. Mark your calendars, bring your crew, and come celebrate the thrill of the trails at Calhoun County Park!

#AppalachianClassic #CalhounCountyPark #MountainBikeWV
#BikeRaceWeekend #OutdoorAdventure #FamilyFun

If you are interested in being a part of the Appalachian Classic Mountain Bike Race, please reach out to Erin Springston.

Tentative Race Weekend Schedule:

Thursday, June 18, 2026

Set up for Race, and Weekend Activities, and Events

Friday, June 19, 2026

Arts & Crafts Expo Begins- Open-mic, Jam Sessions (all day)

Heritage Village Opens- Tours, Storytelling, History Alive (all day)

Fishing Tournament Begins (all day)

Disc Golf Tournament Begins (all day)

Appalachian Classic Mild (midday); Opening Ceremony

Gene Vance Memorial Walk/Run/Ride (afternoon)

Talent Show, and Official Race Weekend Welcome (evening)

Fireside Tall-Tale-Telling Circle (night)

WVAA Star Party

Saturday, June 20, 2026

Arts & Crafts Expo (all day)

Heritage Village Open- Tours, Storytelling (all day)

Fishing Tournament Day 2 (all day)

Disc Golf Tournament Day 2 (all day)

Battle of the Bands (afternoon into night)

State Road Rage Race (morning-afternoon)

Sunday, June 21, 2026

Arts & Crafts Expo-Open-mic, Jam Sessions (morning- afternoon)

Heritage Village Open- Tours, History Alive, Storytelling (morning- afternoon)

Fishing Tournament Day 3 (morning- afternoon)

Disc Golf Tournament Day 3 (morning- afternoon)

Appalachian Classic Race (morning-afternoon)

Race Weekend Closing Ceremony Awards (afternoon)



FIRE DEPT TOUR:

PARTICIPATING DEPARTMENTS:

GRANTSVILLE
VOLUNTEER FIRE
DEPARTMENT

SMITHVILLE
VOLUNTEER FIRE
DEPARTMENT

ELIZABETH
WIRT
VOLUNTEER FIRE
DEPARTMENT

SPENCER ROANE
VOLUNTEER FIRE
DEPARTMENT



OHIO VALLEY
INDIAN MOTORCYCLE



SPONSORED STREET BIKE **POKER** RUN



CASH PRIZES

1ST - \$250

2ND - \$150

3RD - \$100

DOOR PRIZES TOO!

SATURDAY
AUGUST 15
10 A.M.- 4 P.M.

START & END AT THE
GRANTSVILLE
VOLUNTEER FIRE
DEPARTMENT
341 SOUTH CALHOUN
HIGHWAY
GRANTSVILLE, WV

ENTRY FEE \$25

PROCEEDS GO TO THE GRANTSVILLE
VOLUNTEER FIRE DEPARTMENT

INFORMATION: C. MCCROSKEY (304) 580-1057



— YOU'RE INVITED TO OUR —

GRAND OPENING

AVALON

A MULTI-USE ECONOMIC HUB
for Central West Virginia



Friday
OCTOBER 2ND



Saturday
OCTOBER 3RD



VENDORS

Shop local and discover unique treasures from amazing vendors.



LIVE MUSIC

Enjoy live entertainment all weekend long!



GOOD FOOD

Savor delicious food and treats from local favorites.



REMINISCE

Take time to look back, share stories, and make new memories.



SOCIALIZE

Reconnect with old friends and family and meet new ones.

Our Community. Our Future. Our Avalon.

A place where opportunity meets tradition—bringing people together to celebrate the past, present, and future of our region.

COME OUT, CATCH UP, AND BE PART OF SOMETHING SPECIAL!

ALL ARE WELCOME

We can't wait to celebrate with you!

PROUDLY ROOTED IN CENTRAL WEST VIRGINIA.
STRONGER TOGETHER. ♥

Ritchie County Family Support Center Presents

Family

FUN DAY

Summer Bash

5 PRIZES EVERY 5 MINUTES

- May 30, 2026
- 11AM-2PM
- RC 4H Grounds Barn
- FREE FUN & FOOD



ENTERTAINMENT

- Foam Pit
- Bounce House
- DUI Simulator
- Games
- Mechanical Bull
- Ice Cream
- Resource Vendors
- Tye Dye

BIG PRIZES

- Pellet Pit Boss Smoker
- Bikes
- Trampoline
- Hover Boards
- Water Slide
- Video Consoles
- 14 Ft Family Pool
- Outdoor Games
- 230 Prizes Plus

SPONSORS

- RCFRN
- DOHS
- PIP
- Title V





Calhoun County FRN

May 29th, 2026

HEARING SERVICES

Bringing hearing health care to you!

OUR SERVICES

Hearing Tests ✓

Hearing Aid Services ✓

Earwax Removal ✓

Custom Noise Plugs ✓

No insurance required! ✓

SCHEDULE TODAY!

740-538-0002 ☎

HappyEarsAudiology.org 🌐



June is Elder Abuse Awareness Month!



ELDER ABUSE

Elder abuse refers to intentional actions, or the failure to act, by a caregiver or another person in a trusted relationship that causes harm or poses a risk of harm to an older adult, defined as someone aged 60 or older.



EXAMPLES OF ABUSE

- **Physical Abuse:** Hitting, beating, pushing, shaking, burning, inappropriate use of medication, and more.
- **Sexual Abuse:** Non-consensual sexual contact of any kind with an elderly person.
- **Emotional Abuse:** Infliction of anguish, pain, or distress through verbal or nonverbal acts.
- **Neglect:** Refusal or failure to provide life necessities such as food, water, clothing, shelter, medicine, and more.
- **Financial Exploitation:** Improper or illegal use of an elder's funds, property, or assets.
- **Stalking:** A course of conduct directed at a specific person that would cause a reasonable person to feel fear.
- **Abandonment:** The desertion of an elderly person by an individual who has assumed responsibility for providing care for an elder.
- **Self-neglect:** The behavior of an elderly person that threatens his/her own health or safety.

Ticks: Know the Facts

Tick bites themselves usually aren't serious. They often cause a red bump and itching at the site of the bite and may cause allergic skin reactions in some people.

The main problem with tick bites is the spread of serious diseases.

If you like outdoor activities, make sure you know different kinds of ticks and the diseases they spread.

Prevent Tick Bites

- ① Walk in the center of trails and paths to avoid brushing up against bushes and weeds
- ① Avoid sitting on the ground, tree stumps, or stone walls
- ① Wear long-sleeved shirts and long pants tucked into boots or socks
- ① Wear light-colored clothing so ticks are easier to see
- ① Use an insect repellent containing DEET on your skin
- ① Spray your clothes with an insect repellent containing permethrin

MerckManuals.com



FEMALE



MALE

Dog ticks & wood ticks

Larger than the others in size, brown to reddish brown with gray-silver markings on the backs, behind the mouth.

ASSOCIATED DISEASES

Rocky Mountain spotted fever



FEMALE



MALE

Lone star tick

Tannish red. Females are more likely to bite animals and humans. They have a light colored spot at the center of their back.

ASSOCIATED DISEASES

Ehrlichiosis, Rocky Mountain spotted fever, alpha-gal syndrome



FEMALE



MALE

Deer tick

With no white markings, they are brown to black in color and are very small. Both nymph and adult stages can transmit diseases.

ASSOCIATED DISEASES

Lyme disease, babesiosis, anaplasmosis

Sources

LymeDisease.org
Regional Tick-Borne Disease Resource Center at Stony Brook Southampton Hospital

*Not actual size. Enlarged to show differentiation.

USE YOUR HOME AS A GYM: KITCHEN COUNTER WORKOUT

10-Minute Daily Routine for Seniors -
Gentle Movement in the Heart of the Home



1
COUNTER PUSH-UPS
Gentle chest & arm toning.
(10 reps)



2
COUNTER MARCH IN PLACE
Gentle warm-up & balance. (30 secs)



3
COUNTER LEG SWINGS (Front/Back)
Hip socket mobility.
(5 reps each leg)



4
COUNTER SIDE LEG LIFTS
Outer hip & glute engagement. (10 reps per side)



5
COUNTER CALF RAISES
Strengthening lower leg for circulation. (15 reps)



6
COUNTER TORSO TWIST
Spinal mobility & gentle core stretch. (10 reps each side)



7
COUNTER SQUATS (Hold edge)
Controlled lower body strength. (8 reps)



8
COUNTER HAMSTRING STRETCH (Heel on edge)
Gentle back-of-leg stretch. (Hold 15 secs each leg)



9
COUNTER ARM CIRCLES
Small, supported circles. (10 reps)



10
COUNTER SIDE BENDS
Leaning lightly with one arm. (5 reps each side)



11
COUNTER HEEL TAPS
Tapping one foot behind. (10 reps per leg)



12
COUNTER WRIST ROLLS
Hands on the counter, rolling wrists. (15 secs)



13
COUNTER BACK EXTENSION
Leaning back slightly, hands on counter. (5 reps)



14
COUNTER NECK ROLLS
Slow, supported rolls. (3 reps each way)



15
COUNTER FINGER TAPS
Tapping individual fingers on the surface. (30 secs)



16
FINAL VITALITY BREATH & OVERHEAD REACH (Counter Balance)
Full-body breath & stretch. (Hold 10 sec)

A balanced, daily routine, leveraging your stable kitchen counter for health. Consult your doctor.

Fiesta Cowboy Caviar Cheese Log

Servings: 8–10

📋 Ingredients

8 oz cream cheese, softened
1 cup shredded cheddar cheese
1/2 cup black beans, rinsed and well drained
1/2 cup corn, canned or thawed if frozen
1/2 cup diced tomatoes, well drained
1/4 cup red onion, finely chopped
1/4 cup fresh cilantro, chopped
1 jalapeño, seeded and minced
1 teaspoon lime juice
1 teaspoon chili powder
1/2 teaspoon cumin
Salt and black pepper, to taste
Tortilla chips, for serving

📋 Instructions

Make the creamy base

In a large mixing bowl, beat the softened cream cheese and shredded cheddar cheese together until smooth and creamy.

Add the fiesta flavor

Fold in the black beans, corn, diced tomatoes, red onion, cilantro, jalapeño, lime juice, chili powder, cumin, salt, and black pepper. Mix gently until everything is evenly combined.

Shape the cheese log

Spoon the mixture onto a sheet of plastic wrap. Shape it into a log, then wrap tightly.

Chill

Refrigerate for at least 2 hours, or until firm enough to slice and serve.

Garnish and serve

Unwrap the cheese log and, if desired, roll it in extra chopped cilantro, cheddar cheese, or finely diced tomatoes. Serve chilled with tortilla chips.

📋 Tips

Make sure the cream cheese is fully softened for a smooth texture.

Drain the beans, corn, and tomatoes very well so the cheese log does not become watery.

Do not skip the chilling time — it helps the log hold its shape and makes the flavor even better.



Father's Day WORD SCRAMBLE

LAEEBTREC

FEARHT

ALMIFY

NSO

TFIG

OEVL

DRAC

ACEK

GHU

DYDDA

GRPDAAN

RGDHTUAE

Father's Day
WORD SCRAMBLE
SOLUTION

LAEEBTREC C E L E B R A T E
FEARHT F A T H E R
ALMIFY F A M I L Y
NSO S O N
TFIG T F I G
OEVL O E V L
DRAC D R A C
ACEK A C E K
GHU G H U
DYDDA D Y D D A
GRPDAAN G R P D A A N
RGDHTUAE R G D H T U A E

SATURDAYGIFT.COM

SATURDAYGIFT.COM

R E S T D A D



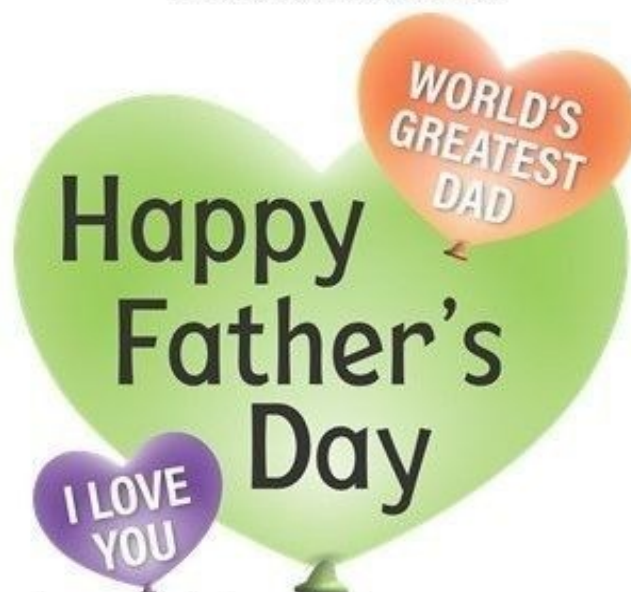
FATHER'S DAY

WORD SEARCH PUZZLE

BEST
BRAVE
BREAKFAST
CARD
CARING
CELEBRATE
CHILDREN
DADDY
FAMILY
FATHER
FRIEND
FUN
GIFT
GRANDPA
HAPPY
HERO
HOLIDAY
HONOR
JOKES
LOVE
NURTURE
PAPA
PARENT
PRESENT
PROUD
RESPECT
SPECIAL
STRONG
VALUES

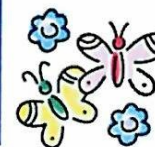
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V	D	T	O	E	R	U	T	R	U	N	Y	H	O	P
G	N	I	R	A	C	L	O	P	U	O	I	Q	A	S
T	T	I	O	L	S	N	O	L	J	L	V	P	C	T
T	F	Y	I	R	O	V	B	V	D	O	A	L	L	R
G	C	I	L	H	E	H	R	R	E	F	K	K	Y	O
E	E	E	G	I	O	H	E	V	A	L	U	E	S	N
V	G	B	P	L	M	N	A	V	S	W	P	N	S	G
A	S	I	I	S	I	A	K	F	B	R	G	B	Y	L
R	T	D	H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

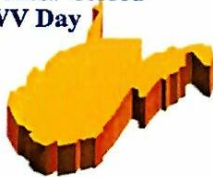
The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.





Calhoun County Committee on Aging, Inc. June 2026 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Fish Peas & Carrots Fruit Ww bun	2 Sloppy Joes Coleslaw Onions Potatoes Fruit Ww Roll	3 Cook's Choice 	4 Turkey sandwich Cheese/Lettuce/ Pickles Macaroni Salad Fruit Ww Bun	5 Beans w/ham Greens onions Fruit Ww cornbread
8 Cream Chicken and Noodles Stem Vegetables Fruit Ww bread	9 Salisbury Steak Mashed Potatoes Broccoli Fruit Whole Wheat roll	10 Chicken Tenders Cheese Sauce Broccoli Potatoes Fruit Ww Bread	11 Hot Dog w/Sauce Potatoes Slaw Pineapple WW bun	12 Sausage gravy Apples Cube potatoes Ww biscuit
15 Pork chops Parsley Noodles Mixed Greens Ww roll Juice	16 Chicken Patty Potatoes Broccoli Fruit Cocktail Whole Wheat bun	17 Spaghetti Meat Sauce salad Fruit Whole Wheat bread	18 Italian Sausage Kraut Potatoes Brussel sprouts Ww cornbread	19 Center Closed WV Day 
22 Pinto Beans Onions Mixed greens Ww Cornbread Fruit	23 Baked steak Mashed potatoes green beans w/Onion Mixed fruit Ww roll	24 Taco Salad Ww chips Lettuce Tomatoes Brownie Jell-O w/Fruit	25 Hamburger Lettuce/Onion/Tomato potatoes Fruit Whole Wheat Bun	26 Fish Potatoes Carrots Ww bread Fruit 
29 Ribs/onions Pasta/ veggie salad Ww roll Fruit 	30 Broccoli soup Vegetable salad Fruit crisp Ww crackers	2% Milk And Margarine Served Daily	Menu Subject to Change without Notice	

Executive Director: Rick Poling

Board of Directors

Roger Jarvis— President

Pamela Gainer— Vice-President

Dottie Rader— Secretary

Janet Gherke— Treasurer

Dorothy McCauley

Martha Haymaker

Lin Williams

Karen D'Imperio



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

Grantsville Center

105 Market Street

Grantsville, West Virginia 26147

Hours: 7:30am - 3:30pm

Monday through Friday

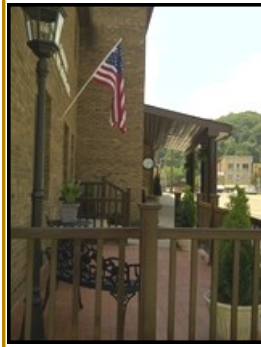
Phone: 304.354.7017

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 Site

121 Milo Road

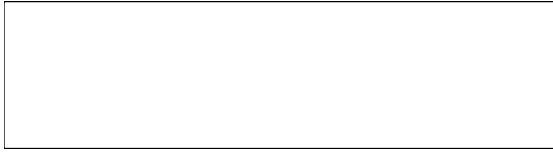
Minnora, WV 25261

Hours: 9:00am - 2:00pm

Monday, Tuesday, Thursday

Phone: 304.655.8805

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



Calhoun County Committee on Aging Inc.