

# 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

**NEVER UNDERESTIMATE  
THE VALUABLE AND  
IMPORTANT DIFFERENCE  
YOU MAKE IN EVERY  
LIFE YOU TOUCH. FOR  
THE IMPACT YOU MAKE  
TODAY HAS A POWERFUL  
RIPPLING EFFECT ON  
EVERY TOMORROW.**

- Unknown

## March

### Birthday Club

Mary Ann Parsons 2nd

Martha Harris 4th

Edward Ferrell 5th

Terri Durlack 9th

Ron Gordon 9th

Karen Hollinger 9th

Robert Gregory 11th

Gary Dye 14th

Delores Harper 16th

Patty Stump 17th

Bonnie Bird 20th

Jerry Jones 21st

Sharon Knotts 21st

Robert Yeager 21st

Villy Hardway 22nd

Jerry Settle 22nd

Robert Bonar 25th

Gary Wager 25th

Madeta Ball 26th

William Barr 28th

Karen Boothe 29th

Raymond Richards 30th

### Employees

Marty Park 17th

Samantha Poling 17th

**CCCOA- Bingo played daily at 10:45am unless otherwise stated. Cards played daily from 8:00am– 10:00am, games, puzzle table, pool table, cornhole, darts, wii, exercise room, library, craft room, BINGO and more available.**

## Local Events

- Mar. 7th CASH BINGO– Ritchie County 4-H Assembly Hall Doors open @4pm, Bingo Starts @ 5pm, 20 Games for \$25.00, Concessions, Door Prizes, Raffles and more. All proceeds support the Ritchie Co. Humane Society.
- Mar. 14th Starlings LIVE MUSIC @ the CCCOA, doors open @ 4pm, Food @ 5pm, Music @5:30pm
- Mar. 25th WV Health Right Free Clinic @ Roane General Hospital, Appointments are required. Call (304) 414-5944 to schedule. WV Health Right's mobile dental clinic provides, free, high quality oral healthcare to low-income West Virginians ages 18 and older.
- Mar. 26th Trivia Night @ the CCCOA– 105 market Street Grantsville @ 6pm  
Hosted by the Calhoun Public Library

**Monday & Wednesday- Drumming 9:30am– 10:30am @ the CCCOA in the Gym**

**Tuesday & Friday– Chair Yoga @ 10-10:40am @ the CCCOA in the Gym**

**Mountaineer Food Bank Days– 3/10, 5/12, 7/16, & 11/10 @ the DHHR from**

### **TAKING APPLICATIONS!**

**Efficiencies and 1, 2 & 3 Bedrooms**

*We pay gas, water & trash service.*

*Tenant pays electric.*

**Calhoun Homes, Inc.**  
**Mt. Zion, WV**

Under New Management

Office Hours: Monday-Friday 9 a.m.-3 p.m.

**Call 304-354-6884**

*for any questions*

INDEPENDENT MULTI-FAMILY HUD  
SUBSIDIZED HOUSING!



# Beginner Beekeeping Class

West Central Beekeepers Association Inc.

Learn how to get started, care for, and manage your bees, harvest honey, also prepare them for winter. No cost to you!

## — Hands-On Instruction —

- No learning from books – this class is focused on hands-on beekeeping.
- Lots of hands-on instruction.
- April class will be held in a live apiary, with live bees.

## Dates & Times:

- Sat, February 28th - 2:30pm  
Classroom instruction
- Sat, March 28th - Live apiary session with live bees.
- Two Runs Community Building  
Wirt County, WV



Scan here

West Central Beekeepers Assoc. will not be held liable

## Weather Permitting

ALL PROCEEDS WILL GO DIRECTLY TO CLAIRE JARVIS TO HELP SUPPORT HER GOING FORWARD



**SATURDAY  
MARCH  
28TH, 2026**

**ARNOLDSBURG  
COMMUNITY  
BUILDING**

**Concessions will be sold!**

1-75

20 games for \$20

**Early Bird Door Prizes**  
Live Auction

**ShotG-N Raffle**

**Quilt Raffles**

Get ready to shout "BINGO!" and win some amazing prizes at this fun-filled event. Our professional Bingo caller will guide you through multiple rounds of the classic game, and there will be plenty of opportunities to win big.



**DOORS  
OPEN AT  
05:00  
BINGO  
STARTS  
AT 06:00**

For more information feel free to reach out!  
304-373-5947

masonsnider51@gmail.com

# Programs offered by the CCCOA

## **Older Americans Act Programs/LIFE**

Individuals age 60 and older may be eligible for a variety of in-home services through the Older Americans Act. These services are offered through county aging providers (senior centers). As they may vary by county, please contact the providers for further information. Examples of services include:

**Home-delivered meals** – a healthful meal is delivered to the home of an eligible homebound individual.

**Assisted Transportation** – assistance for those who have difficulties using regular vehicular transportation

**Chore** – heavy cleaning and yard maintenance for seniors who are unable to handle such tasks on their own

**Homemaker** – preparation of meals, shopping, managing medication, and laundry for seniors who are unable to handle such tasks on their own

**Caregiver Support** – helping caregivers access information and assistance, formation of support groups, and respite services for caregivers

**LIFE** (Legislative Initiative for the Elderly) is a state-funded program and part of the senior center array of services. Services vary by county but are modeled after those provided by the Older Americans Act.

## **Lighthouse**

Lighthouse is designed to assist those seniors who have functional needs in their homes, but whose income or assets disqualify them for Medicaid services. The Lighthouse Program, available in each county, is funded entirely by state monies and provides support in four areas: personal care, mobility, nutrition, and environmental.

## **FAIR** (Family Alzheimer's In-Home Respite)

Caring for a loved one with Alzheimer's disease or a related dementia can be very stressful, and caregivers need a regular break from the demands of the job. The FAIR Program, available in every county of West Virginia, offers relief to family caregivers and, at the same time, provides one-on-one attention and individualized activities for persons with a written diagnosis of Alzheimer's disease or a related dementia.

FAIR gives caregivers the time to do things most of us take for granted—run errands, keep appointments, visit family and friends, shop for groceries, or even take a nap. FAIR clients (family caregivers) can receive up to sixteen hours of respite per week, based on need and availability of hours and trained staff. The fee for FAIR services depends on the income of the person with dementia.

## **The Medicaid Aged and Disabled Waiver (ADW) Program**

Provides in-home and community services to individuals who are medically and financially eligible. Medical eligibility is based on a functional assessment by a medical professional.

## **Medicaid Personal Care**

The Medicaid Personal Care Program includes hands-on, in-home services provided to those who are medically and financially eligible. Medical eligibility is based on a functional assessment by a medical professional.

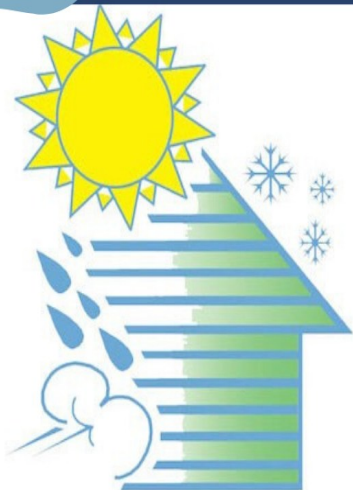
Services provided in Personal Care include assistance with:

Personal Hygiene, Dressing, Feeding, Nutrition, Environmental Support (Light Housekeeping), Health-Related Tasks

For more additional information, please call 304-354-7017. We would love to see how we can help you live a better-quality life!

**If you know someone or feel you yourself can benefit from these services, please contact the CCCOA @ 304.354.7017 x104 Betty Staats, In-Home Services Supervisor**

**LOWER ENERGY BILLS ARE JUST A PHONE CALL AWAY...**



*Weatherization  
Works*

**CALL 304-485-5525 FOR DETAILS**

## What's New at Community Resources

Community Resources can help you save money on energy bills!

Does the winter cold have you feeling blue? Apply for our Weatherization program! Weatherization can help you reduce your energy bills and make your home cozy all year round.

You can now apply online:

<http://Form.Jotform.Com/91903299849171>

Or by calling 304-354-9625 to see if you qualify!



# Dahlias

*By Jody Carpenter, WVU Extension Agent – Barbour County*

Growing flowers by themselves or alongside a vegetable garden can bring a splash of color into your landscape, and what brings more color than dahlias? These easy to grow flowers can be enjoyed for years, all with a little knowledge and proper storage.

Dahlias are native to the mountains of Mexico, where they were discovered by Swedish botanist Anders Dahl, hence the name “dahlia.” The original flowers most likely consisted of a single row of ray florets surrounding a yellow center disc florets. While this variety is still grown, many newer varieties come in all shapes, sizes, and colors.

There are 15 colors that are recognized by the American Dahlia Society: white, yellow, orange, pink, dark pink, red, dark red, lavender, purple, light blend, bronze, flame, dark blend, variegated, and bicolor.

Dahlias are purchased as dry crowns, with radiating tubers. Dahlias perform best in full sun and well-drained soil, as tubers will rot if exposed to too much moisture. A viable tuber will have an “eye” from the original crown, a connecting “neck,” and associated roots. Tubers should be planted horizontally, covered with 1 to 2 inches of soil, and watered thoroughly.

A support or trellis should be provided if dahlias are grown for their blooms to ensure plants won’t lodge. To aid in bigger blooms, side shoots can be removed, although this isn’t necessary. Deadheading, the removal of spent blooms, will encourage additional blooming.

In the fall after the killing frost, plant debris should be removed, and tubers should remain in the soil for 1 to 2 weeks to “cure.” After this curing period, tubers can be lifted, shaken off, washed, dried, placed in a non-organic material, and stored in a colder environment, such as a basement or root cellar.

# MARCH

FEBRUARY 2026

S M T W T F S  
 1 2 3 4 5 6 7  
 8 9 10 11 12 13 14  
 15 16 17 18 19 20 21  
 22 23 24 25 26 27 28

APRIL 2026

S M T W T F S  
 1 2 3 4  
 5 6 7 8 9 10 11  
 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25  
 26 27 28 29 30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Seed peppers (indoors) for high tunnel production	3 Seed globe artichokes (indoors) Order rhubarb crowns ○ Full Moon	4 Order specialty seed potatoes Plant or seed shallots	5 Seed leeks as transplants Seed microgreens	6 Plant broadleaf evergreens Turn compost	7 Plant onion sets Remove dead leaves from overwintered strawberries
8 Daylight Saving Time Begins	9 Take cuttings from herbs Seed chives	10 Seed leaf lettuce and spinach (indoors)	11 Seed tomatoes (indoors) ● Last Quarter	12 Seed peppers (indoors)	13 Seed Swiss chard (indoors) Divide old rhubarb planting	14 Seed peas (outdoors) Plant nonflowering trees and shrubs
15	16 Seed radishes, spinach and leeks (outdoors)	17 St. Patrick's Day Seed parsnips Plant roses	18 Seed satisfy Set head lettuce ● New Moon	19 Seed celery as transplants Seed celeriac	20 Spring Begins Seed eggplant (indoors)	21 Fertilize spring-flowering bulbs Plant asparagus (outdoors)
22	23 Transplant strawberry plants Plant figs	24 Divide old rhubarb plants	25 WVU Day of Giving Begin dogwood anthracnose control ● First Quarter	26 Use row covers for freeze protection	27 Seed lavender (indoors) Seed cutting celery (indoors)	28 Sow rosemary seed Plant table grapes
29	30 Plant horseradish	31 Plant rhubarb	<p><b>Tip: It's time to spring forward safely!</b> The beginning and end of Daylight Saving Time are great opportunities to change the batteries in your smoke alarms.</p>			

# Seated Abs and Core Workout



## KNEE LIFTS

Sit tall, hands on the chair sides. Lift one knee toward your chest, lower, then switch. 12-16 per leg



## DOUBLE KNEE RAISE

Hold chair sides, lean back slightly, lift both knees to chest, then lower slowly.

Reps: 10-12



## LEG EXTENSIONS

Sit straight, extend one leg out, tighten abs, then switch legs.

Reps: 12-16 per leg



## BICYCLE CRUNCHES

Sit back slightly, lift both feet, alternate opposite elbow to knee in a cycling motion.

Reps: 12-20 total



## SIDE CRUNCH (RIGHT)

Place right hand behind head, lean sideways bringing elbow toward hip. 10-12 each side



## SIDE CRUNCH (LEFT)

Same as above but left side.

Reps: 10-12 each side



## TORSO TWISTS

Sit upright, hold hands together in front, twist torso side to side slowly. 12-16 total



## OBLIQUE KNEE LIFTS

Sit tall, lift right knee toward left elbow, then switch sides.

Reps: 12-16 total



## FLUTTER KICKS

Lean back slightly, hold chair, extend both legs, alternate kicking up and down.

Reps: 15-20 seconds



## LEG CIRCLES (RIGHT)

Extend right leg, draw small circles in the air.

Reps: 8-10 each direction



## LEG CIRCLES (LEFT)

Same with left leg.

Reps: 8-10 each direction



## PULL-INS

Hold chair sides, lean back slightly, extend legs forward, then pull knees to chest.

Reps: 10-12



## ELBOW-TO-KNEE CRUNCH

Hands behind head, bring right elbow toward left knee, then alternate. 12-16 total



## HEEL TOUCHES

Feet on floor, lean slightly forward, touch right hand to right heel, then left. 12-16 total



## FORWARD CRUNCH

Hands crossed on chest, slowly lean forward (like a small crunch), then return. : 10-12



## SIDE BENDS

Sit tall, arms at sides, bend sideways reaching toward the floor, then switch. 10-12 each side

# Italian-Marinated Chicken

## Ingredients

3 Tbsp. white wine vinegar  
2 Tbsp. red wine vinegar  
2 cloves garlic  
2 tsp. Dijon mustard  
1 tsp. agave or honey  
6 fresh basil leaves  
1/2 Tbsp. fresh thyme leaves  
Kosher salt and pepper  
2/3 cup olive oil  
1/2 tsp. red pepper flakes  
1/4 tsp. dried oregano  
4 6-oz boneless, skinless chicken breasts  
2 peppers (one red, one orange), thinly sliced  
1 cup grape or cherry tomatoes, halved  
1/2 small red onion, thinly sliced  
12 cups (about 6 oz) mixed salad greens, torn into bite-size pieces  
1 oz. Parmesan, shaved



## Directions

### Step 1

In blender, combine vinegars, garlic, mustard, agave, basil, thyme, and 1/2 tsp each salt and pepper; blend until smooth. Add oil and blend on low until just incorporated but not emulsified, about 10 seconds. Stir in red pepper flakes and oregano.

### Step 2

In small baking dish, coat chicken with 1/3 cup dressing and marinate at least 10 minutes at room temperature or up to overnight in refrigerator.

### Step 3

Meanwhile, transfer 3 tablespoons remaining dressing to large bowl. Add peppers, tomatoes and onion and toss to coat.

### Step 4

Heat large skillet on medium and cook chicken until golden brown and cooked through, 5 to 7 minutes.

**AIR FRYING INSTRUCTIONS:** Heat air fryer to 400°F. Add marinated chicken and cook 4 minutes. Using tongs, flip and cook until golden brown and cooked through, 8 to 9 minutes more.

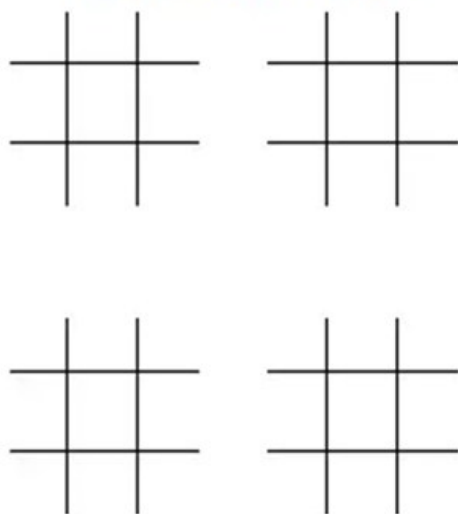
**NUTRITIONAL INFORMATION (per serving):** About 424 cal, 24.5 g fat (5 g sat), 39 g pro, 526 mg sodium, 14 g carb, 3 g fiber

# Happy St. Patrick's Day

Color the leprechaun!



## TIC-TAC-TOE



## WORD SEARCH

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

LEPRECHAUN LUCK  
RAINBOW JIG  
GOLD SHAMROCK  
GREEN EMERALD  
IRELAND HARP

How many words can you make from

## LEPRECHAUN

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Get more free printable activities for kids of all ages at [www.printables4kids.com](http://www.printables4kids.com).

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# Happy St. Patrick's Day!



TRADITION  
 SHAMROCK  
 PARTY  
 SAINT  
 LUCK  
 MARCH  
 PATRICK  
 DANCE  
 SNAKES  
 HOLIDAY  
 GREEN  
 FOLKLORE  
 EMERALD  
 CELEBRATE  
 RAINBOW  
 IRISH  
 IRELAND  
 FEAST  
 POT  
 LEPRECHAUN  
 PARADE  
 CLOVER  
 GOLD  
 MYTHOLOGY

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





**Calhoun County Committee on Aging, Inc.**  
**March 2026**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Northern Beans</b> <b>with Ham</b> <b>Onion</b> <b>Spinach</b> <b>Applesauce</b> <b>Ww Cornbread</b>	<b>3</b> <b>Chicken Tenders</b> <b>Macaroni &amp; Cheese</b> <b>Kale</b> <b>Juice</b> <b>Ww Bread</b>	<b>4</b> <b>Meatloaf with</b> <b>ketchup</b> <b>Peas</b> <b>Mashed potatoes</b> <b>Juice</b> <b>Ww roll</b>	<b>5</b> <b>Italian Sausage</b> <b>Kraut</b> <b>Potatoes</b> <b>Ww Cornbread</b> <b>Fruit</b>	<b>6</b> <b>Fish</b> <b>pickles</b> <b>Potatoes</b> <b>Ww bun</b> <b>Carrots</b> <b>Fruit</b>
<b>9</b> <b>Rib sandwich with</b> <b>onions</b> <b>Potatoes</b> <b>Brussel sprouts</b> <b>fruit</b> <b>Ww Bun</b>	<b>10</b> <b>Hamburger</b> <b>Lettuce/Onion</b> <b>Mayo</b> <b>Tater Tots</b> <b>Jell-o w/fruit</b> <b>Ww Bun</b>	<b>11</b> <b>Baked Beans and</b> <b>wieners</b> <b>Cubed potatoes</b> <b>Mixed Greens</b> <b>Fruit</b> <b>Ww cornbread</b>	<b>12</b> <b>Beef vegetable</b> <b>soup</b> <b>Peanut butter</b> <b>sandwich</b> <b>Ww bread</b> <b>Peach cobbler</b>	<b>13</b> <b>Cream chicken</b> <b>Noodles</b> <b>Stem vegetables</b> <b>Ww bread</b> <b>Fruit</b>
<b>16</b> <b>Chicken Patty</b> <b>w/ Mayo, pickles</b> <b>beets</b> <b>Broccoli w/cheese</b> <b>fruit</b> <b>Ww Bun</b>	<b>17</b> <b>Chili w/ Meat &amp;</b> <b>Beans</b> <b>fruit Salad</b> <b>Ww Crackers</b> <b>Brownie</b>	<b>18</b> <b>Lasagna</b> <b>Green beans</b> <b>fruit</b> <b>Ww roll</b>	<b>19</b> <b>Salisbury Steak</b> <b>Mashed Potatoes</b> <b>Peas</b> <b>Ww Roll</b> <b>Fruit</b>	<b>20</b> <b>Pork Chop</b> <b>Mashed Potatoes</b> <b>Mushroom Gravy</b> <b>Carrots</b> <b>Ww roll</b> <b>Fruit</b>
<b>23</b> <b>Broccoli soup</b> <b>Ham salad sand-</b> <b>wich</b> <b>Fruit</b> <b>Ww bun</b>	<b>24</b> <b>Spaghetti &amp; Meat/</b> <b>tomato Sauce</b> <b>Onion and peppers</b> <b>Vegetables</b> <b>Fruit</b> <b>Ww Roll</b>	<b>25</b> <b>Cook's Choice</b>	<b>26</b> <b>Steam Vegetables</b> <b>Chicken and</b> <b>Ww Pasta</b> <b>Onions</b> <b>Fruit</b>	<b>27</b> <b>Beef ww macaroni</b> <b>w/ tomato sauce</b> <b>Coleslaw</b> <b>Peas &amp; carrots</b> <b>Ww Cornbread</b> <b>fruit</b>
<b>30</b> <b>Fish</b> <b>Pickles</b> <b>Potatoes</b> <b>beets</b> <b>Ww bun</b> <b>Fruit</b>	<b>31</b> <b>Cook's Choice</b>	 <i>St. Patrick's Day</i>	<b>2% Milk</b> <b>and</b> <b>Margarine</b> <b>Served Daily</b>	<b>Menu</b> <b>Subject</b> <b>To</b> <b>Change</b> <b>Without</b> <b>Notice</b>

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

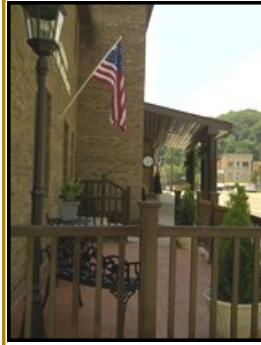


The CCCOA Board of Directors meet the fourth Monday of each month at CCCOA.

Interested citizens are always welcome at board meetings and encouraged to attend.

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.

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



West Fork Site

121 Milo Road

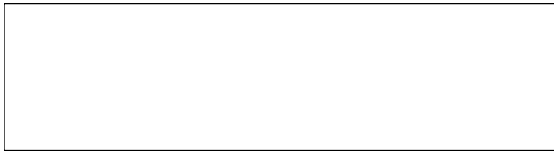
Minnora, WV 25261

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

