CCCOA NEWS

November 2026
Issue 224

Calhoun County Committee on Aging
PO Box 619, Grantsville, WV 26147
105 Market Street, Grantsville, WV
Phone: 304-354-7017 Fax: 304-354-6859

FORGOTTEN GRAVY

I love imperfectly mismatched rooms
homemade decorations
and trinkets
that tell stories of the past

I treasure impromptu gatherings
with food rustled up from nowhere
it's always just *enough*

I see the beauty in gifts handed over
with words of *oh it's nothing*
for that simply means the giver
cannot begin to convey
how they really feel about you

I value both the quiet moments
when the lights twinkle privately
and the raucous occasions
when laughter fills the room

and I can't get enough of burnt carrots
forgotten gravy
and failed attempts at dessert

because that's where the love lives
in the imperfect
in the messy
in the real

love lives in the forgotten gravy
look for it.

Dana Ashworth
Wild Hope's

November Birthday Club

Keith Smith 1st
Clyde Todd 6th
Mitchell Moore 7th
Betty Craddock 8th
Sutchai Cottrell 9th
Jim Sullivan 9th
Janet Walker 12th
Sandra Kerby 19th
Cokey Gainer 24th
Mary Bragg 25th
Linda Sampson 25th
Kathy Barr 26th
Barbara Starcher 29th
Melva Stull 29th

Employees

Rick Poling 4th
Jackie Blankenship 7th
Shelley Lynch 23rd
Linda Fivecoait 29th



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

Oct. 31st	Spooky Resource Fair—Block Party
Oct. 31st	Arnoldsburg Halloween Party @ the Arnoldsburg Comm. Bld. 3pm-5pm
Nov. 3rd	Election Day! Center will be closed as we are a polling facility.
Nov. 4th	Veterans Day Celebration @ the CCCOA beginning at 10:30am
Nov. 10th	Mountaineer Food Bank @ DHHR 10-11:30am
Nov. 11th	VETERANS DAY– THANK YOU FOR YOUR SERVICE!
Nov. 14th	Starling's Music—Live Music, Food and Fellowship beginning @5pm
Nov. 19th	CCCOA will be having their Thanksgiving celebration!
Nov. 26th&27th	CLOSED in observance of Thanksgiving!

VETERANS DAY CELEBRATION

You are invited to attend the Veterans Day Celebration on November 4th, at 10:30 a.m..

The Celebration will take place 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!


SPOOKY
RESOURCE FAIR
OCTOBER 31ST
11-12
SENSORY FRIENDLY
however you say!
12-2
TRUNK
-OR-
TREAT
BOO!
TRUNK OR TREAT
SNACKS
GAMES
MUSIC
CONTESTS
CRAFTS
PHOTO OPS
FUN. RESOURCES. COMMUNITY.
Everyone welcome!


SPOOKY
RESOURCE
FUN DAY
FREE & FAMILY FRIENDLY!
SATURDAY, OCTOBER 31ST
10AM-12PM
SENSORY FRIENDLY HOUR
Quieter time, fewer crowds and lights. Everyone welcome!
12PM-2PM
OPEN TO ALL!
Let the fun begin!
Bert's Place
Family · Hope · Community
TRUNK OR TREAT
SNACKS
GAMES
MUSIC
CONTESTS
CRAFTS
PHOTO OPS
Come join the FUN!
Resources
Community
Family
Fun!
ALL ARE WELCOME!

FREE EYE EXAMS

THURSDAY, 29 OCTOBER

9:00AM - 1:00PM

Calhoun County Family Resource Network
364 Main St., Grantsville, WV 26147

Prescription glasses available with a cash co-pay:

Tier 1: Patients w/ Medicaid	**$25**
Tier 2: Uninsured Patients	**$35**
Tier 3: Patients w/ Private Insurance	**$45**
Tier 4: Other / Extra Pair	**$60**

Optional lens upgrades are available for an additional fee:

Progressive (no-line) lenses	**$60**
Transition lenses	**$50**
Anti-reflective coating	**$50**
Polycarbonate (thinner) lenses	**$15**

CASH ONLY

To schedule an appointment, call: **304-354-7177**

Appalachian Vision Outreach Program
WVU Eye Institute

Seated Dumbbell Exercises For Seniors



Coupon with the Krazy Coupon Lady, here in referred to as KCL.

How to Get Coupons

Learning where to get coupons — especially manufacturer coupons — is vital if you want to cut down on your grocery bill. There are different types of coupons, many of which are digital and don't require any actual clipping. Some coupons can be loaded to your store's loyalty card and automatically applied at checkout with your phone number. Other coupons can be scanned from a barcode on your phone. Some rebate coupons can be redeemed by uploading a photo of your receipt. And then there are the tried-and-true coupons you can print at home or clip from the Sunday newspaper.

Ultimate List for Where to Get the Best Coupons

At KCL, one of the ways we make it easy to shop smarter is by aggregating thousands of coupons into one grocery coupon database so all you have to do is type in the brand you want (for example, "Colgate coupons") or the product you're looking for ("toothpaste coupons") to find a human-verified list of coupons you can use.

Digital Coupons

Rebate Apps

Coupons in the Mail

Newspaper Coupons

Printable Coupons

If you want to learn how to extreme coupon, you've got to start with the basics: coupon stacking, coupon fine print, and creating a coupon stockpile are all fundamentals beginners must learn. If it seems overwhelming, consider recruiting a friend to learn with you. That's what worked for me and Heather.

Once you're ready to jump in and learn how to start couponing, here are our top 5 things every coupon shopper needs to know to become an extreme couponer.

Types of Coupons

8 Types of Coupons You Need to Know About to Save Big

Coupon Fine Print

10 Things You Should know About Coupon Fine Print

Stacking Coupons

The Ultimate Guide to Stacking Coupons

Build a Coupon Stockpile

How to Stockpile for Less than $5 per Week

Learn Sales Cycles

Best Items to Stockpile During Every Month of the Year

Best Stores to Coupon

Nearly every store in the country accepts manufacturer coupons — even military commissaries and convenience stores. That's because stores get reimbursed by the manufacturer for the value of each coupon. For example, General Mills pays Walmart each time you redeem a Cheerios coupon.

The only major stores that don't take manufacturer coupons are Costco, Sam's Club, Aldi and Big Lots.

Each store has their own set of rules for using coupons, called coupon policies. We have our opinions about which coupon policies are best.

Our advice for beginner couponers is to choose one store, learn their policies, download their app as well as our Krazy Coupon Lady app. Make sure you read the store's couponing guide before planning your first shopping haul:

https://thekrazycouponlady.com/how-to-coupon#how-to-get-coupons

Carrot Ribbon Salad

This carrot ribbon salad takes ordinary carrots and turns them into an addictive, healthy side dish. With crunchy carrot ribbons, a tangy sesame-soy dressing, and a hint of garlic and ginger, it's light, refreshing, and bursting with flavor. I've recreated a few viral TikTok recipes—Logan's Cucumber Salad and Mediterranean Dense Bean Salad—and they were a huge success, so you can be confident that this carrot salad recipe will exceed expectations.

Ingredients



4-5 Carrots, shredded

1 Tablespoon Soy Sauce

1 Teaspoon Rice Vinegar

½ Lime, juiced

1 Teaspoon Maple Syrup

1 Teaspoon Sesame Oil

1 garlic clove

¼ teaspoon ginger powder

1-2 Tablespoons Sesame Seeds

2 tablespoon cilantro, chopped

Instructions

1. Begin by washing the carrots thoroughly. You can keep the skin on if they're well-scrubbed but peeling them first is also an option if you prefer. Make ribbons by using a peeler. You can also shred the carrots using a box grater or food processor.

2. Transfer the shredded carrots to a large mixing bowl, then add all the remaining ingredients.

3. Toss everything together until well combined. Serve immediately!



Are you having a hard time understanding your healthcare plan or benefits, we may be able to help!

Contact Information

Brenda Ackley is the CCCOA WVSHIP Counselor

Contact: 304-354-7017 X 115

Hours: Monday through Friday, 8:00 AM to 4:00 PM

Additional point of contact for health care questions.

304-481-4492 Bryan A. Ungar

The West Virginia State Health Insurance Assistance Program (WV SHIP) provides free, objective, and confidential Medicare counseling and enrollment assistance to state residents.

Program Overview

• **What it is**: A federally funded program run through the West Virginia Bureau of Senior Services.

• **Who it helps**: Medicare beneficiaries, their families, and soon-to-be retirees in all 55 West Virginia counties.

• **Cost**: Completely free; counselors do not sell insurance.

Services Provided

• **Medicare Guidance**: Explains Medicare Parts A, B, C (Advantage), and D (Prescription Drug Coverage).

• **Plan Comparisons**: Helps evaluate and compare Medigap (supplement) policies and prescription plans.

• **Financial Assistance**: Assists with Medicare Savings Programs and low-income subsidy applications.

• **Dispute & Fraud Support**: Answers questions about medical bills, claims, appeals, and reporting Medicare fraud or abuse.

Help get the pie to the Thanksgiving feast!



BE THANKFUL

Word Unscramble

YUKTER

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IMPPUKN

_ _ _ _ _ _ _

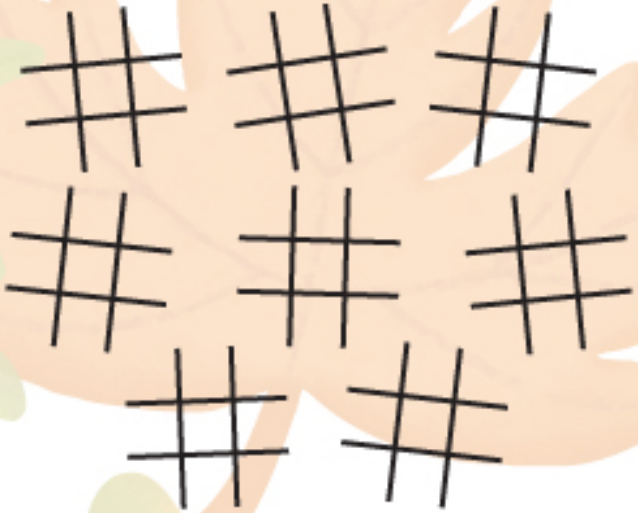
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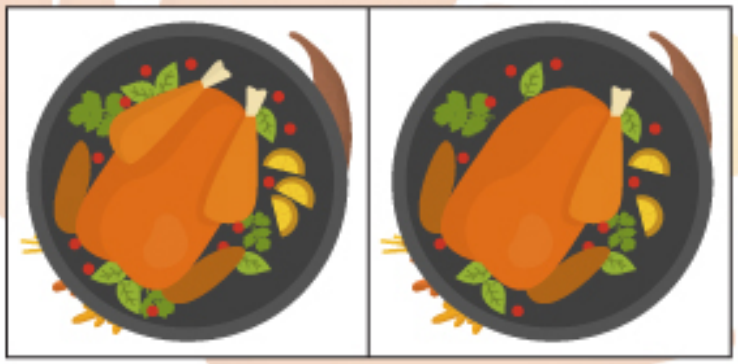
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Tic-Tac-Tournament!



Thanksgiving Detective

Something is missing! Circle the 6 things that are missing from the picture on the right.





Word Search

t	t	r	o	z	y	w	t	x	h	q	p
j	h	d	e	e	f	g	c	y	o	t	i
a	q	a	k	n	e	a	r	d	l	n	e
r	v	r	n	a	n	r	l	h	i	y	s
j	u	w	w	k	e	i	e	l	d	t	h
t	i	x	c	b	f	p	d	w	a	n	w
u	d	x	n	u	i	u	d	x	y	e	m
s	t	a	h	l	z	f	l	i	j	l	m
y	r	q	g	n	i	k	p	m	u	p	h
c	i	r	f	e	a	s	t	u	l	a	u
n	i	d	t	l	j	j	v	f	h	a	y
m	s	t	u	f	f	i	n	g	e	a	j

cranberry
dinner
fall

feast
holiday
pies

pilgrim
plenty
pumpkin

stuffing
thankful
turkey

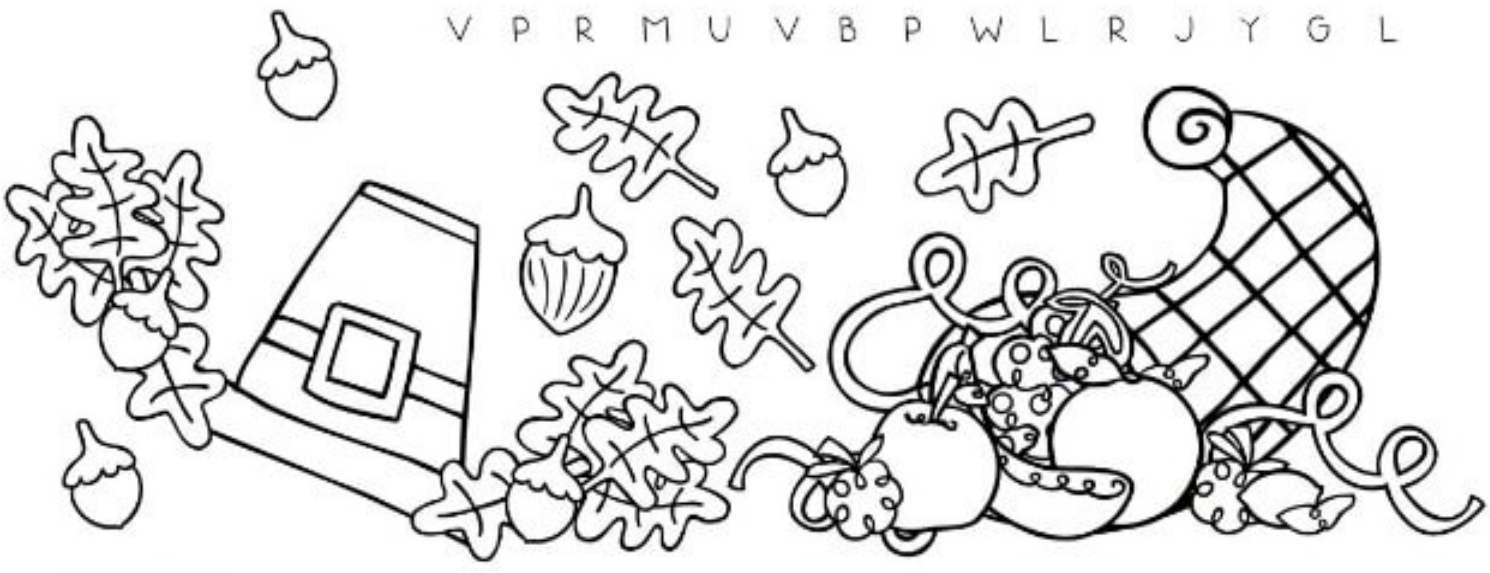
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Word Unscramble: TURKEY, PUMPKIN, DINNER, THANKS

THANKSGIVING

Pie
Corn
Pudding
Gobble
Stuffing
Turkey
Thanksgiving
Pilgrim
Indian
Gratitude
Thankful
Cornucopia
Family
Friendship
Gather

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



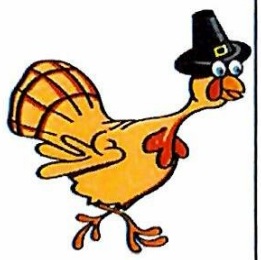
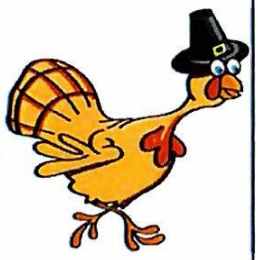
Copyright Laura Kelly



Calhoun County Committee on Aging

November 2026



Monday	Tuesday	Wednesday	Thursday	Friday
2 Fish Slaw beets Fruit Ww bread	3 CENTER CLOSED  	4 (Veteran Dinner) Bake Steak Gravy onions Mashed Potatoes Green Beans Fruit Ww roll	5 Tomato Soup Peanut butter sandwich Fruit Ww crakcers	6 Lasagna Lettuce Pea Salad Fruit Ww bread
9 Chicken ww pasta Stem vegetables Fruit Ww bread	10 Chili w/Meat, onions & Beans Peanut butter sandwich Fruit Ww bread	11 CENTER CLOSED  	12 A1 steak Mashed potatoes Broccoli Fruit Ww roll	13 Pinto Beans W/Ham Mixed Greens Beets Fruit Ww Cornbread
16 Chicken Tenders Macaroni & Cheese Mustard Greens Fruit Ww bun	17 Fish Peas and carrots Apple juice Ww bun	18 Broccoli Soup Cheese Salad Fruit Ww crackers	19 Turkey Dressing Mashed Potatoes Green beans Ww Roll Pumpkin Pie	20 Rib sandwich Carrots Fruit Onions Ww bun
23 Baked Beans & wieners Cauliflower w/cheese Broccoli Fruit Ww Cornbread	24 Baked Pork Chop Mashed Potatoes Greens Fruit Ww Bread	25 Hamburger Patty on Ww Roll Lettuce/onion corn French Fries Fruit	26 Center CLOSED  	27 Center CLOSED 
30 Chicken Patty lettuce Carrots Fruit Ww Bun		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

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



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

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.

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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.

Calhoun County Committee on Aging
PO Box 619
Grantsville, WV 26147

To Contact CCCOA:
Phone: 304-354-7017
Fax: 304-354-6859

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