CCCOA NEWS

October 2026
Issue 223

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



October Birthday Club

Tom Fox 1st
Robert Cooper 2nd
Preston McCumbers 4th
Dot Curry 7th
Michael McCumbers 8th
Joanne Brannon 9th
Larry Cottrell 10th
Billy Holbert 10th
Joe Dennison 11th
Larry Marks 13th
Eddie Greathouse 16th
Wilma Mace 17th
Betty Ellison 19th
Mark Yopp 20th
Cheryl Plato 23rd
Lanny Dawson 26th
Dip Mace 26th

Employees

Elizabeth Nicholson 2nd



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

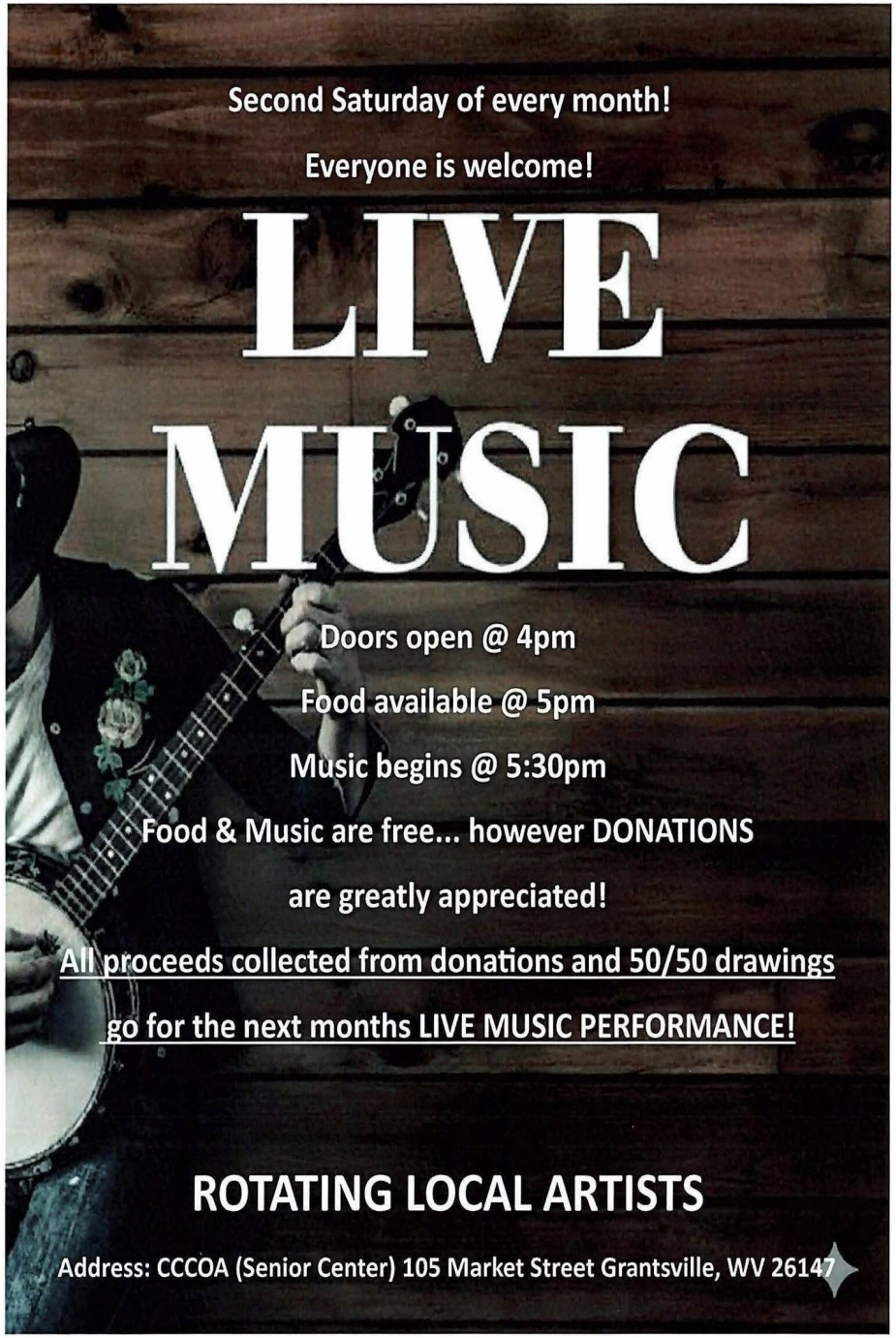
Monday & Wednesday– Cardio Drumming 9:30am– 10:30am

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

Local Events

Sept. 30th	Save A Life Day @ Calhoun Family Resource Network 9am-2pm
Oct. 1st	1yr Anniversary of Foodie 101 @ Bert's Place in Grantsville, WV @ 12pm
Oct. 2nd & 3rd	Grand Opening of the Avalon. (Old High School in Grantsville). Car Show and other events TBA
Oct. 8th	Calhoun Rise Job Readiness Pilot @ Bert's Place in Grantsville, WV, 10am-11am– Join us in a series of workshops for job readiness skills. After completion of each module you will get to pick from several packages (worth $200 each). Gas certificates for attending each class We are only accepting 15 folks in the 1st round! This is open to EVERY ONE (you do NOT need a child in the home)
Oct. 8th	Singo @ the CCCOA hosted by the Calhoun County Library
Oct. 10th	Starling's Music– Live Music, Food and Fellowship
Oct. 14th	Homeschool Group @ Bert's Place in Grantsville, WV, 10am-11:30am
Oct. 22nd	Trivia Night @ the CCCOA hosted by the Calhoun County Library
Oct. 31st	Spooky Resource Fair—Block Party
Oct. 31st	Arnoldsburg Halloween Party @ the Arnoldsburg Comm. Bld. 3pm-5pm

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



Saturday, October 10 th @ the CCCOA
Join us for fellowship, amazing food and great music!

Calhoun Library

Quilt Raffle

Tickets - $5 each or
5 tickets for $20



Buy a chance to win this quilt,
graciously made and donated
by Kathy Jones.

Drawing for the winner will be on November 9, 2026

All proceeds will go towards
Library programming and events.
We appreciate your support!

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. ♥



6TH ANNUAL

FALL FESTIVAL

OPEN HOUSE AT

AVALON

OCTOBER 1 · 2 · 3, 2026

THURSDAY, OCTOBER 1

5:30 PM	Alumni Assembly Fun, food and follies

FRIDAY, OCTOBER 2

10 AM	Vendor Booths Open
3 PM	Petting Zoo $2 to pet · $1 for feed
5:00 PM	Music: Will Freed
7:00 PM	Music: Mountain Fury

OCTOBER 3 ONLY

GUIDED TOURS

of the National Historic Landmark

10:00 – 1:00

3:00 – 6:00

SATURDAY, OCTOBER 3

10 AM	Vendor Booths Open
10 AM	Quilt Show
10 AM	Rug & Floral Demo In the gym
10 AM	Apple Butter Making Limited sales
11 AM	Quilting Demo
12 PM	Car Show
12 PM	Lunch Box Auction
12 PM	Petting Zoo Opens
1 PM	"Built to Last" The story of our journey
2 PM	Gridiron Chef Cook Off Frankie Four Fingers vs Famous Amos
3 PM	Yeast Bread Demo Pauley Homestead
4 PM	Pretzel Demo Twisted Dough
5 PM	Fire Cider Demo Valhalla Farms
5:00 PM	Music: John Richards
7:00 PM	Music: Brooklyn Jade

ON THE MENU

FRIDAY LUNCH
Gourmet Grinders

FRIDAY DINNER
Frankie's Famous Ribs &
Pulled BBQ, dinner & fixings

SATURDAY LUNCH
Box Social Auction

SATURDAY DINNER
International Kabob Grille
Carne asada · Caribbean chicken
Shrimp scampi · baked potato
Salad & dessert

101 School Street · Grantsville, WV

FOOD · CRAFTS · MUSIC · FAMILY FUN


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!


Grand
OPENING
OF
This and That
Great Finds for Every Day!
Shop Local Shop Small Make a Big Difference!
Clothes
Toys
Books
Crafts
Jewelry
and
Much More!
New Deals New Finds Same Small Town Love
September 15th
364 Main Street, suite 1
Grantsville, WV
Under the FRN, entrance around back
Will be open 9-5
Tuesday through Saturday
Something for Everyone!
Edit
Treasure Shop Support Repeat


This and That's
New and Used Items
Tuesday's
Seniors
Get
10% Off

What is Couponing and how do I get started?



It seems like the cost of everything is on the rise these days, so I thought some might have an interest in couponing but aren't sure where to start.

What is Couponing?

Couponing is the simple act of using coupons to get discounts on things that you buy. Usually, people cut out coupons from newspapers, magazines, and flyers, but you can also print them out from the Internet. You can also find coupon codes online that you can use when you order things from online retailers. The idea behind coupons is that a store or the maker of a product will give you a discount for shopping with them in the hopes that you'll keep shopping at that store or buying that company's products in the future.

Best Ways To Find Coupons

There are a lot of places where you can find working coupons for your favorite stores whether it is a physical coupon in a newspaper or an online code from a coupon website like CouponFollow.

Below are several of the most popular ways consumers find working coupon codes:

Newspapers: The original way everyone found coupons. In most local papers there will be a "coupon section" featuring promotions and discounts consumers can take advantage of to save money. These coupons can be cut out of the paper and handed to the cashier at checkout to save money on an in-store purchase. Nowadays, there are also "coupon codes" that can be used online which are included in newspapers. These "codes" can be typed in at checkout when buying something online in order to secure your discount.

Weekly store ads: Weekly store ads can be physically mailed, found in stores, or even in newspapers. Weekly store ads are most popular in grocery stores and give a discount on a specific product.

Cashier coupons: These are coupons that the cashier gives you when you are checking out in-store.

Online Coupons: Online coupons are the easiest to find and use if you want to buy something online. Sites like CouponFollow have a team of dedicated coupon testers working around the clock to find the best coupons, promotions and deals

for over 4,000 online stores including Amazon, Target, Ubereats, and much more!

Newsletter Coupons: Newsletter coupons are occasionally sent out in marketing emails from stores. If there are a few stores you frequently shop at you should sign up for their email list. Chances are they will send special deals or discount codes multiple times per year.

How To Find Online Coupons

Some websites deal specifically with coupon codes, allowing consumers to search for the store that they desire in a centralized database. A quick Google search can also yield results. Smartphone apps are another convenient way for consumers to find coupons and other discounts, including deals from cash-back websites. Numerous mobile apps offer coupons for popular retailers and even restaurants. When consumers use these apps, they only need to show the bar code to the cashier at checkout: Once the cashier scans the bar code, the discount is applied. Apps for cash-back websites, which are also known as shopping portals, send consumers to specific retailers. These retailers pay the cash-back site a commission that it then shares with the consumer in the form of a rebate. Other ways to get coupons online include signing up for a retailer's newsletter or email list, joining their frequent buyer program, following them on social media, or simply visiting their site.

For further reading check out these resources on navigating coupon websites:

What Are Promotional Codes, and How Do They Work?

How to Use Coupon Codes and Promo Links

Everything You Need to Know About Online Coupon Codes

Top Six Types of Online Coupons and How to Use Them

How to Find Online Coupon Codes

How To Find Paper Coupons

Often, coupons are inserted inside Sunday newspapers, magazines, or deals sent through the mail. If you want to get serious about couponing, subscribe to more than one Sunday newspaper. You should also look at the websites of the companies that supply printed coupons; among the biggest of these are SmartSource and Red Plum. These companies may have even more coupons on their websites.

Additionally, make sure to check out any coupons that your favorite stores have. Some retailers offer in-store machines that will print out coupons for you. Some stores have loyalty programs or apps that offer coupons. And when you buy things, some stores will print out coupons for you along with your receipt.

What is Coupon Stacking

Coupon stacking is the process of using multiple coupons on the same purchase to "maximize" your discount. An example would be using two different 10% off coupons to save 20% off of your total order. The majority of stores have policies in place to prevent customers from using multiple discounts at the same time. However, for savvy shoppers who are willing to read the fine print, stacking coupons can save you thousands of dollars per year.

How To Stack Coupons

The easiest way to stack coupons when shopping online is to use the Cently Chrome extension. Not only will the extension try every coupon code in its database to get you the best deal, but it will also try stacking coupons to see if any can be used together to save additional money.

If you are using physical coupons in a retail store, stacking can be a bit more complicated. Typically coupon stacking works in stores when you have both a store and manufacturer coupon. An example of this would be "stacking" both a Walmart coupon and a Weber manufacturer coupon to get a discount on a Weber product at Walmart.

The easiest way to stack multiple coupons is to use a free shipping code in tandem with a normal discount code. This way you can get free shipping and a separate discount on the item, allowing you to save money twice but only "technically" use a single discount code.

How to use Coupons When Buying in Bulk

Whether you are having a party, or are just stocking up on essentials you should always reach out to customer support to inquire about getting a discount for buying in bulk.

Buying in bulk, sometimes called a case discount, is a great way to save money, regardless of whether or not you have a working coupon or promo code. However, the coupons and deals offered for buying in bulk can be significant due to the amount of money you will save. Discounts for bulk purchases are most popular at "wholesale" stores like Costco or Sam's Club.

Many grocery stores, like Whole Foods, also offer bulk discounts on select wines when you purchase by the case.

How To Tell if Coupons Still Work

If you're shopping, nothing is worse than going to check out and being told that your coupon is expired, especially if you are shopping in a physical retail location. For the most part, physical coupons should always have an expiration date somewhere in the fine print along with a list of items the coupon does not apply to. Although it can be time-consuming it's best to read all the fine print of a physical coupon before walking up to the register with it and expecting a discount.

On the other hand, digital coupons are incredibly easy to test, and there is no pressure to buy if you are shopping online. The easiest way to tell if coupons still work is to try them! Chrome extensions, like Cently, will automatically apply dozens of coupons at once so you do not have to waste time manually trying each code one at a time.

How To Keep Your Coupons Organized

If you collect and store physical coupons they will be no good if you can't find them when you need them. Lots of people use a three-ring binder for this. The clear plastic sheets collectors use to hold baseball cards are also great for holding and organizing coupons. You can sort your coupons into different sections, like "snacks," "soups," "baking supplies," "cleaning products," and the like, so they're easy to find when you need them. Some people also use a coupon organizer, a small organizer that looks a bit like a wallet, to store their coupons, although you'll quickly outgrow this option if you intend to get really serious about couponing.

Other Ways To Save Money When Shopping

Only Buy What You Need

One of the most important rules of couponing is that it doesn't matter how much of a discount you can get on a product if the product goes to waste. Always buy things that you know you'll be able to use. Don't get so caught up in how much you can save that you end up throwing away food because you can't eat it all before it goes bad. The same goes for non-food items: You may be able to fill up an entire room with discounted paper towels, for example, but is it really worth it to sacrifice the use of that room?

Don't Limit Yourself to One Store

You may love the grocery store closest to your house, but if you want to save the most money, you might sometimes need to go elsewhere. Extreme couponers often split their shopping runs between multiple stores, seeking out and taking advantage of the best deals at each. Take advantage of store loyalty programs, but sign up for them at every store, not just the one you like most. Of course, you'll also need to factor in the cost of gas when you're planning your shopping strategy: It may not be worth it to drive across town or farther to save on a handful of items if you'll use up a lot of gas getting there and back. Whenever you can, combine shopping trips to stores in a particular area to maximize your savings.

https://couponfollow.com/research/coupon-beginners-guide

Flourless Pumpkin Muffins

These healthy flourless pumpkin muffins recipe makes a wonderful Fall breakfast or snack.



Ingredients

1 cup almond meal or almond flour (120g)

3 tbsp sugar or granulated sugar free sweetener

1/2 tbsp baking powder

1/4 tsp salt

1/2 tsp cinnamon or pumpkin pie spice

1/3 cup pumpkin puree

1 egg or flax egg

optional handful mini chocolate chips

Instructions

*I recommend making mini muffins because they have a much lighter texture. You can do large-size muffins if you prefer. The recipe will make 4 regular muffins, or feel free to double it.

To make the flourless muffins, preheat your oven to 350 F. Grease a mini muffin tin well. Stir dry ingredients, then whisk in wet. Divide among the muffin cups. Bake for 10 minutes on the center rack (or 15 minutes for large muffins). Remove from the oven. Let cool, during which time they continue to firm up. Carefully go around the sides of each pumpkin muffin with a knife and pop them out.



Understanding the difference between Medicaid and Medicare?

Key Differences

Who They Serve

Medicare: Based mainly on age (65+) or qualifying disabilities, regardless of income.

Medicaid: Based on financial need (income and resources) for adults, children, pregnant women, and people with disabilities.

How They Are Run

Medicare: Administered entirely by the federal government, meaning coverage rules and costs are the same in every state.

Medicaid: Run jointly by federal and state governments; each state sets its own specific eligibility rules and extra benefits.

Costs

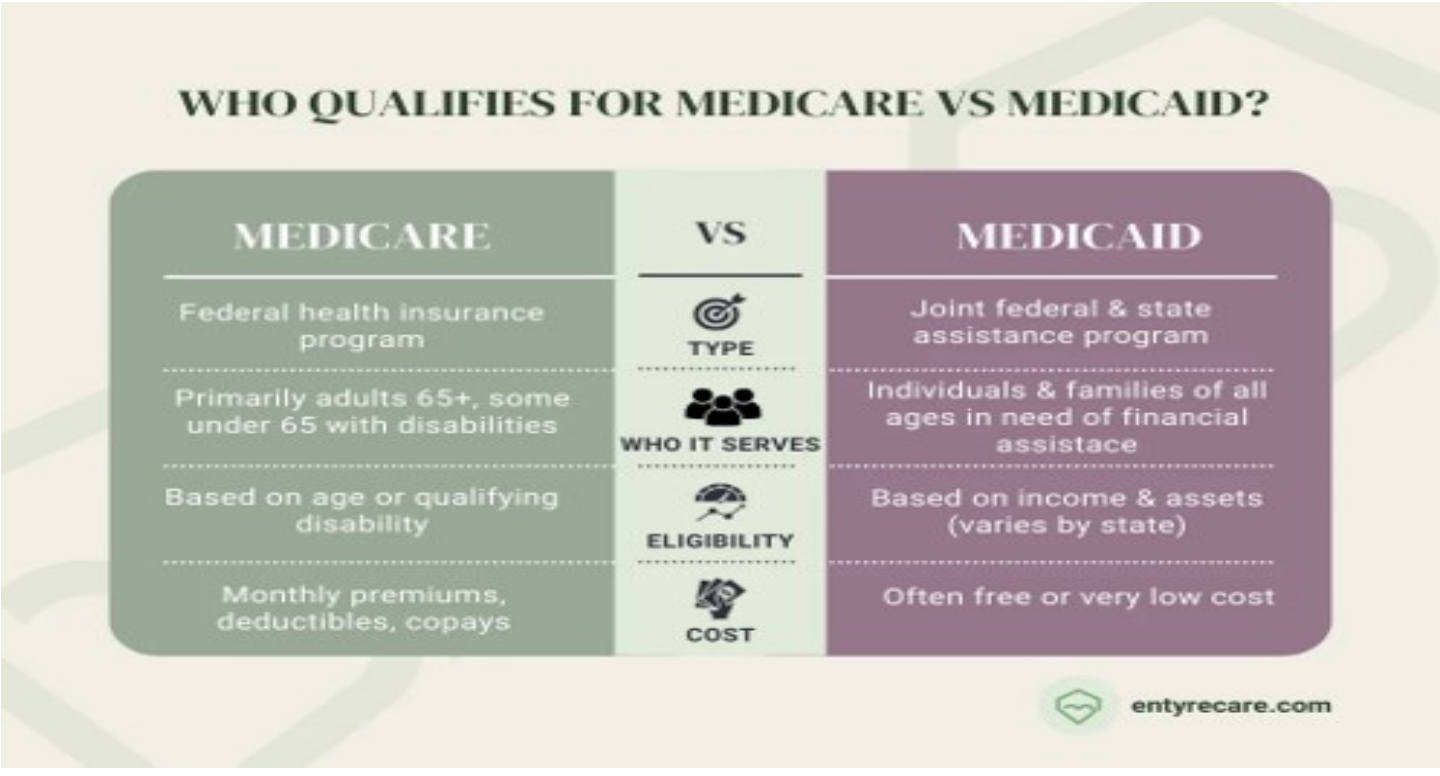
Medicare: Involves monthly premiums (especially for Part B and D), deductibles, and co-insurance.

Medicaid: Usually involves little to no cost for covered medical services, with minimal or zero monthly premiums.

Coverage and Benefits

Medicare: Divided into parts—Part A (hospital), Part B (medical/outpatient), Part C (Medicare Advantage), and Part D (prescription drugs).

Medicaid: Frequently covers expanded services that Medicare does not fully pay for, such as long-term nursing home care, personal care, and sometimes dental or vision.

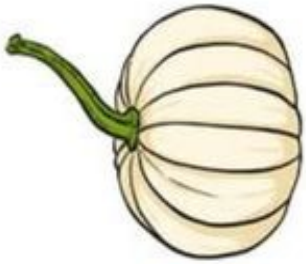


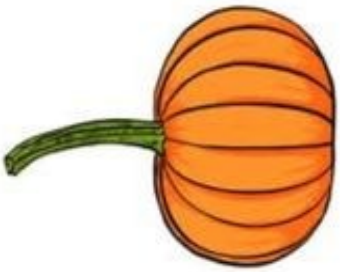


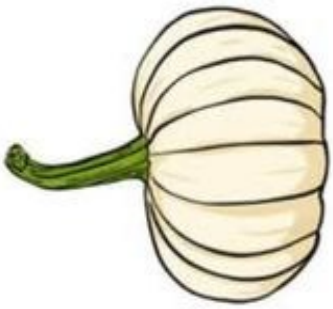
ROLL A PUMPKIN

For this fun game, you will need a pair of dice and each player needs a piece of paper with a pumpkin shape on it. First player to have a completed pumpkin WINS THE GAME!









2 Draw 2 eyes on your pumpkin

3 Draw a nose on your pumpkin

4 Draw a mouth on your pumpkin

5 Draw a stem on your pumpkin

6 Draw teeth on your pumpkin

7 Draw a fun accessory on your pumpkin

8 ROLL AGAIN!

9 Write your pumpkin's name on your paper

10 Draw a part that is missing from someone else's pumpkin on theirs

11 The next player gets 2 turns!

12 Leave your pumpkin alone.



Name:_____ Date:_____

IT'S HALLOWEEN

Word Search

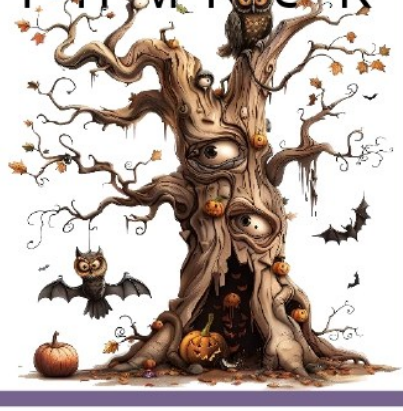




It's Halloween, and the spooky words are hiding among the cobwebs! Can you be a brave ghostbuster and track down all the words in this puzzle? They may be lurking forward, backward, up, or down, and some might even overlap. When you find a word, circle it and cross it off the list. Let's uncover some Halloween fun together!

APPLE	N W K Y K O O P S M P L W O H P T
BAT	M H O C T O B E R H L M Z T Q R C
BOO	N G P X Y B O O C Y C H A M E C D
BROOMSTICK	F R C M Q B K M M L S B N A A Z T
CANDY	P A N V J C R M D G C P T U N M T
CAULDRON	K V S R Q M U O N H S L L I H C N
CHILLS	C E C K E M B A O H P D Y Y B X H
COBWEB	I Y A E M T F E K M R O L V L P R
COSTUME	R A R L U L N N W O S H T Y V K E
FANGS	T R E P T C C A N B G T N I T F T
FRANKENSTEIN	P D C P S J L H L O O H I R O L S
GHOST	U F R A O H A D M K T C O C Y N N
GRAVEYARD	M C O F C U Z T Y M C E D S K N O
HAUNTED	P N W T N E R I P M A V L N T X M
HOWL	K R I T F R A N K E N S T E I N L
LANTERN	I W E Z Z O M B I E D P G Q K B L
MONSTER	N D R E D I P S F Y Y T H M R S K
MUMMY	SKELETON
OCTOBER	SPIDER
POTION	SPOOKY
PUMPKIN	TREAT
SCARECROW	TRICK
	VAMPIRE
	WITCH
	ZOMBIE





© 2024 WordsAreFun.com, All Rights Reserved.



Calhoun County Committee On Aging
October 2026



Monday	Tuesday	Wednesday	Thursday	Friday
2% Milk And Margarine Served Daily	Menu Subject To Change Without Notice 		1 Beans w/Ham Onions Apple- Cabbage Slaw beets ww Cornbread	2 Chicken w/pasta Stir fry Vegetables fruit Ww bread
5 Creamed chicken and Noodles Carrots Mixed Fruit Ww roll	6 Hamburger Patty on ww Bun Lettuce/Tomato Potatoes Sweet Corn Fruit	7 Fish Peas Mustard Greens ww bread Oranges	8 Spaghetti w/ Meat Sauce Stem Vegetables Applesauce ww Garlic Toast	9 ham Salad sandwich Whole Wheat Bun Tomato Soup Onions/pickles Fruit ww crackers
12 Center Closed For Columbus Day	13 Baked Pork Chop Mashed Potatoes Mushroom gravy Spinach Applesauce ww Bread	14 Taco salad Cheese Lettuce Tomato Sour cream salsa Brownie Fruit Ww nachos	15 Chicken Patty onion Potatoes Vegetable pasta salad Grape juice ww bun	16 Mixed Vegetable with beef Soup Peanut Butter Sandwich Pineapple Gelatin ww crackers
19 Chicken Tenders Mashed Potatoes Gravy Green Peas Mixed Fruit ww Bread	20 A1 steak Mashed potatoes broccoli Fruit salad Ww bread	21 Meat Loaf Mashed potatoes gravy Carrots Grape Juice ww Bread	22 BBQ Rib & Onions Green Beans Peaches Potatoes ww Bun	23 Fish Potatoes Tomatoes, pickles Corn Fruit ww bun
26 Pinto Beans onions Brussel sprouts Fruit ww cornbread	27 Beef macaroni Tomato Onions Beets Fruit Ww bread	28 Cook's choice	29 Baked Steak Mashed Potatoes Gravy Carrots Ww bread Fruit	30 Calico Beans Kale Ww Cornbread Fruit Onions

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.

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.

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

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

Calhoun County Committee on Aging Inc.