

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

Significance of Easter

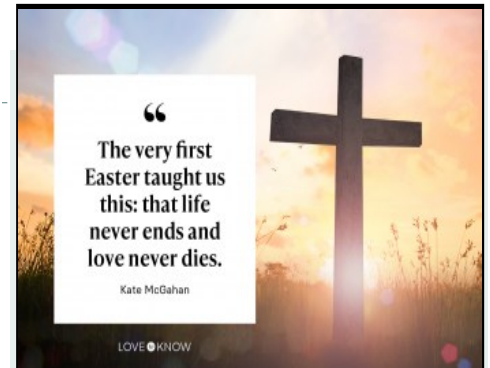
In many streams of Christianity, Easter is even more important than Christmas. Why? Because it celebrates Jesus' divinity and the purpose of His coming to the earth. The Easter holiday commemorates Jesus' resurrection from the dead and His promise of eternal life to all who believe in Him.

The account of Jesus' resurrection can be found in all four of the Gospels — Matthew, Mark, Luke, and John. Each book (Matthew 28, Mark 16, Luke 24, and John 20) tells a slightly different account of the story from the authors' differing perspectives. What's consistent across all books is that Jesus was previously in the tomb where He was buried after his crucifixion and that His body was mysteriously gone after three days.

In some accounts, Jesus Himself appears; in others, it's angels that bring the news of His resurrection. But in any case, Jesus' body has been removed from the tomb without explanation. The Biblical accounts then tell of Jesus appearing to Mary Magdalene, the disciples, and other followers (Acts 1) before finally ascending into Heaven.

For three days following His crucifixion, believers at the time questioned whether Jesus really was the Son of God. By all appearances, it seemed death had defeated Him. But upon His resurrection, He proved that He was not just a human but divine. The apostle Paul summarizes the sequence of events in 1 Corinthians 15:3-8 when he says, "Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures, and that he appeared to Cephas, and then to the Twelve. After that, he appeared to more than five hundred of the brothers and sisters at the same time, most of whom are still living, though some have fallen asleep. Then he appeared to James, then to all the apostles, and last of all he appeared to me also..."

This account is a declaration of what Christians believe: that Jesus Christ came to earth, died for the sins of humanity, and defeated the powers of death through His resurrection. Easter is the yearly celebration of this miracle and the hope for believers of their life in Christ, which includes the forgiveness of all their sins and the promise of their eternal life.



April

Birthday Club

- Ben Rafferty 2nd
- Candie Ice 3rd
- Agnes Allen 4th
- Freddie Jarvis 7th
- Melba Miller 9th
- Pamela Lynch 11th
- Maricia Moore 12th
- Zona Parker 13th
- James Snider
- Mary Cyrus 19th
- Eugene Long 21st
- Deloris Metz 22nd
- Barbara Roberts 23rd
- Lula Norman 27th
- Fred Basnett 28th
- Pamela Marcou 28th
- Glenda Carter 29th

Employees

- John Myer 5th
- Anetia Rose 9th
- Kelly Hanes 9th
- Ellen Shock 9th
- Opal Harris 14th
- Pam Gainer 16th

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

- 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
- Mar. 28th Bingo Night @ the Arnoldsburg Community Bld., doors open at 5pm, games begin at 6pm— All proceeds go directly to Claire Jarvis to help support her moving forward after the loss of her husband Ethan Jarvis.
- April 3rd **CLOSED IN OBSERVENCE OF GOOD FIRDAY & EASTER!**
- April 5th **EASTER**
- Apr. 8th Green Thumb Event— Celebrate Spring with us by planting a flower to take home. 9:30am-10:30am in the dining hall of the CCCOA.
- Apr. 11th West Fork Site will be sponsoring an ANYTHING GOES BINGO, doors open at 5pm, and games begin at 6pm, Arnoldsburg Comm. Bld.
- Apr. 11 th Starlings LIVE MUSIC @ the CCCOA, doors open @ 4pm, Food @ 5pm, Music @5:30pm
- Apr. 16th Talking Books Presentation—9:30-10:00am in the dining hall of CCCOA

Mountaineer Food Bank Days— 5/12, 7/16, & 11/10 @ the DHHR—10-11:30am

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.

Who Should Attend?

- Brand-new beekeepers
- Anyone interested in raising honey bees.
- Gardeners, homesteaders, and pollinator support.

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



Community **HEALTH** **FAIR**

When: Thursday, May 21, 2026

Time: 7:00am to 10:00am

Where: Calhoun County Committee on Aging

105 Market Street Grantsville, WV 26147

Co- Sponsored by:

Minnie Hamilton Health System and the

WV Bureau of Senior Services

Blood Work will be available

at a discounted cost!

**For more information or to register as a
vendor, please call 304-354-7017 x 106 or fax your
registration to 304-354-6859**

spoling@cccoa-wv.org

**Get Free
Screenings &
Information On:**

- **Dental Health**
- **Mental Health**
- **Heart Health**
- **Behavioral**
- **Women's Health**
- **Blood Pressure**
- **Cholesterol**
- **and more.**

Community Health Fair

When: May 21st

Where: CCCOA (Calhoun Co. Committee on Aging) Senior Center

Location: 105 Market Street Grantsville, WV 26147

Time: 7am to 10am

Testing Available:

CMP	Comprehensive Metabolic Panel Sodium, Potassium, Chloride, Carbon Dioxide, Glucose, Creatine, BUN (Urea), Total Protein, Alkaline Phosphatase, Albumin, Total Bilirubin, AST, ALT, Calcium
CBC	Complete Blood Count WRC< RBC, Hemoglobin, Hematocrit, MCV, Platelet, RBC indices, Automated WBC differential
PSA	Prostate Specific Antigen
Lipid Panel	Cholesterol, total: high-density lipoprotein (HDL) cholesterol; low-density lipoprotein (LDL) cholesterol (calculation); triglycerides; very low-density lipoprotein (VLDL) cholesterol (calculation)
TSH	Thyroid Stimulating Hormone
A1c	Hemoglobin A1c

Cost...

Complete Metabolic Panel	\$10.00
CBC	\$7.00
PSA	\$15.00
Lipid Panel	\$12.00
TSH	\$15.00
A1c	\$10.00

Total cost for Male... \$69.00, Total cost for Female... \$54.00

Please make checks payable to MHHS

Anything Goes Bingo

Saturday, April 11th, 2026

20 games for \$20

6:00 pm

Doors open at 5:00 pm *Early bird drawing*

Arnoldsburg Community Building
Sponsored by: CCCOA Minnora Site

Concessions Will Be Sold by
Calhoun 4-H

20 games, raffles, 50/50 drawings, Auction,
Door Prizes

**Proceeds will go to Minnora CCCOA
Site for future projects.**

For More information call 304-655-8805

GREEN THUMB EVENT

Celebrate spring with us by
planting a flower to keep!

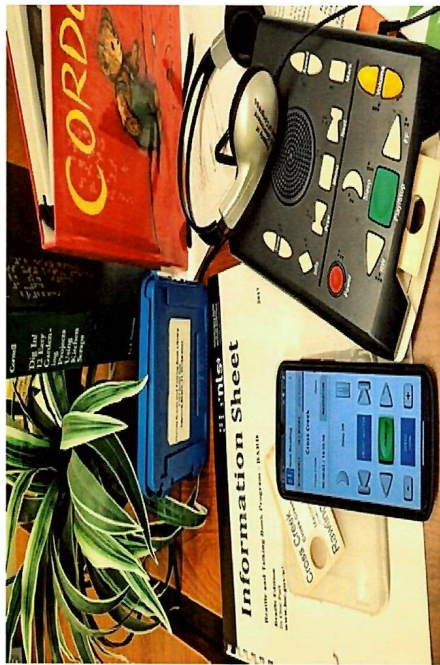


If you have an interest in joining the Green Thumbs event you must register by April 3rd.

April 8th, 2026 @ the CCCOA– dining hall

9:30am—10:30am

Event sponsored by AETNA, call 304-354-7017x106 to register or sign-up in the dining hall.



April 16, 2026 10 AM

Michal Ann Lamb from the Parkersburg & Wood County Public Library will come to present the Talking Books Department serviced by the Library of Congress and the National Library Services for the Blind and Print Disabled.

We welcome all clients & individuals that are interested in this program to attend!

You can reach Michal Ann at 304-420-4587 Ext. 4 if you have any questions regarding this event.







April is Sexual Assault Awareness Month:

THE IMPACT OF SEXUAL VIOLENCE

Sexual violence is any sexual conduct that occurs without consent. A person consents to a sexual act by agreeing to it freely and willingly without being forced or coerced.

Sexual violence can look many different ways, including:



PREVALENCE 1 in 2 women  1 in 4 men   1 in 2 transgender individuals  have experienced contact sexual violence in their lifetime. <small>NISVS, 2018; US Trans Survey, 2015</small>	OPPRESSION The root cause of sexual violence is power and oppression. We cannot eradicate sexual violence until we eliminate oppression in all forms. CHILD SEXUAL ABUSE An estimated 1 in 4 girls and 1 in 6 boys have experienced child sexual abuse  <small>Dube et al, 2005; Finkelhor, 2014</small>	TRAUMATIC IMPACT Sexual violence can have a lasting impact physically, socially, and psychologically. Some of these impacts may include: Post traumatic stress Anxiety Depression Chronic pain Problems at work or school Low self-esteem Relationship problems Gastrointestinal issues Fatigue Sexually transmitted infections
	ECONOMIC IMPACT The lifetime cost of rape per victim is over \$120,000  <small>C.D.C., 2017</small>	
	PEOPLE WHO COMMIT SEXUAL HARM 80 - 85% of sexual violence victims reported that the perpetrator was known to them <small>NISVS, 2017</small>	

WAYS TO HELP

Believe • Donate • Vote • Organize • Collaborate

April is Testicular Cancer Awareness & Stress Awareness Month:

Testicular cancer is highly treatable and one of the most curable forms of cancer. It is especially important to detect testicular cancer in the earliest stages where the cure rate is almost 100%. That is why self-exams, starting in the adolescent years, are key in early detection of testicular cancer.

April is Testicular Cancer Awareness Month

Signs of Testicular Cancer:

- Any enlargement of a testicle
- A significant loss of size in one of the testicles
- A feeling of heaviness in the scrotum
- A dull ache in the lower abdomen, back or in the groin
- A sudden collection of fluid in the scrotum
- Pain or discomfort in a testicle or in the scrotum
- Enlargement or tenderness of the breasts

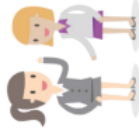
For more information, visit testicularcancersociety.org



TESTICULAR CANCER SOCIETY



Small Actions To Make Big Changes



CONNECT WITH SOMEONE

Are they okay? · Are you okay? · Check in with your support network · Connect with someone new · A sense of belonging and community can help reduce feelings of loneliness.

PRIORITISE SLEEP

Take small steps to improve your bedtime routine. Wind down before bed by minimizing your screen time · Make your bedroom a 'tech-free' zone · Create a clean and restful sleep environment · Jot down what's on your mind and set it aside for tomorrow · Avoid caffeine after 4pm.



MOVE IN YOUR OWN WAY

Get moving the way you want to. This could be walking, running, yoga, stretches, doing some gardening. Move in a way you'll enjoy, get those endorphins flowing and let off some steam.

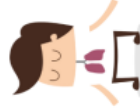
SPEND TIME IN NATURE

Take some time out of your day to step outside, get some fresh air and spend time in nature. This could be eating your lunch outside, or taking a short work after work. Simulate your senses and look at the beauty of nature



BREATHE DEEP

Your breath is a powerful tool to help with stress reduction and relaxation. Short, shallow breaths can heighten anxiety so being conscious and taking time to breathe deep helps us shift into a relaxation mode.



PRACTICE MINDFULNESS

Practicing mindfulness allows you to focus on the here and now. It aids self-awareness, helps you practice emotional regulation and control. You can actively practice during a designated mindfulness session or be mindful of your all five of your sense whilst participating in an activity, such as a nature walk.



#LittleByLittle

April is Donate Life Awareness Month

ABOUT ORGAN, EYE AND TISSUE DONATION

WHAT IS ORGAN, EYE AND TISSUE DONATION?

When you sign up to be an organ, eye and tissue donor on the National Donate Life Registry – RegisterMe.org – or with a state registry, you are registering your decision to become a donor upon your death. This document of gift provides legal authorization to have your organs, corneas and/or tissue made available for those in need of lifesaving and healing transplants.

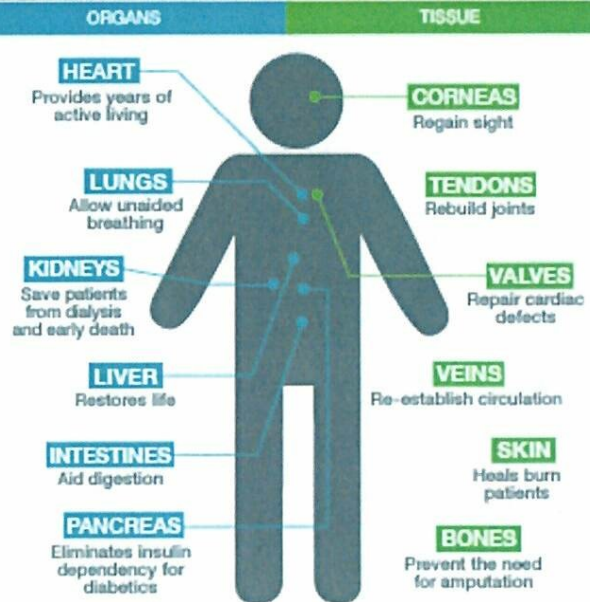
Donors are often people who died suddenly and unexpectedly. Their families are then faced with making the decision at a time of shock and grief. Registering now relieves your family of this burden and serves as a real gift to them, as well as to the grateful recipients of your donation.

WHAT ABOUT LIVING DONATION?

When a person registers as a donor with the National Donate Life Registry or a state registry, they are registering for deceased donation. Living donation is not included in your donor registration.

A kidney from a living donor offers patients an alternative to years of dialysis and time on the national transplant waiting list. The living donor's remaining kidney will enlarge, doing the work of two healthy kidneys. A part of the liver may also be donated. The remaining portion will regenerate and regain full function. Partial lung, intestine and pancreas donation is possible as well.

WHAT CAN BE DONATED?



Living donation is coordinated through individual transplant centers. To help someone by becoming a living donor, talk to him or her about the transplant program where the person is listed. To be a non-directed donor, contact a transplant center (<https://transplantliving.org/living-donation/being-a-living-donor/first-steps/>) to find out if they have this type of donation program.

To learn more about the different organs and tissues for transplant and the different types of donation, visit <https://www.donatelife.net/types-of-donation/>.

THE NEED IS GREAT

118,000 men, women and children await lifesaving organ transplants



Even the largest football stadium in the US could not fit the number of patients on the national transplant waiting list



Another person is added to the waiting list every 10 minutes

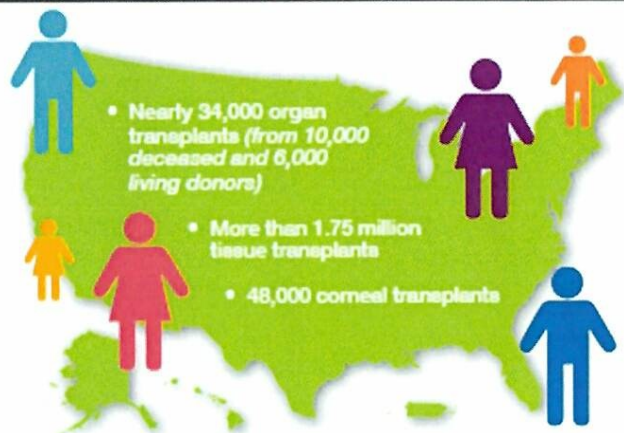
8,000 people die each year because the organs they need are not donated in time

80% of patients waiting are in need of a kidney*

12% of patients waiting are in need of a liver*

*A living donor is an option for these patients.

LIVES SAVED AND HEALED EACH YEAR



*As of April 2017. For updated statistics, visit UNOS.org.

ONE ORGAN, EYE AND TISSUE DONOR CAN HEAL MORE THAN 75 LIVES.

HOW DOES THE PROCESS WORK?

WAITING FOR A TRANSPLANT



When someone's organ fails, he or she may be evaluated for a potential transplant and placed on the national organ transplant waiting list.

The list is very long and not everyone survives while waiting for a donor.

Donors of all ages are needed.

In the United States, it is illegal to buy or sell organs and tissue transplants.

BECOMING A DONOR



A person who has sustained a severe brain injury, such as from an accident, stroke or lack of oxygen, is put on artificial support.

There is no cost to the donor's family or estate for donation.

Doctors work hard to save the patient's life, but sometimes there is a complete and irreversible loss of brain function. The patient is declared clinically and legally dead. Only then is donation an option.

The hospital contacts the organ procurement organization (OPO), which checks the donor registry. If the person is registered, the OPO will inform the family. If not, the family will be asked to authorize donation.



FINDING A MATCH



A national system matches available organs from the donor with people on the waiting list.

Race, income, gender, celebrity and social status are never considered.

Donation can provide solace to a grieving family.

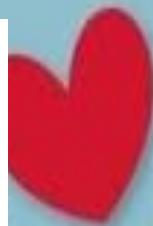
All major religions support donations as a final act of compassion and generosity.



SAVING LIVES



Once matches are found, the wait listed patients are contacted by their transplant teams.



Organs are recovered from the donor with care and respect, and sent to hospitals for transplantation.



Transplants restore lives and return patients as active members of their families and communities.



Seated Exercise Activity for Seniors

Chair March



Arm Swings



Chest Stretch



Arm Reaches



Body Twist



Leg Stretch



Knee Taps



Leg Extend



Leg Circles



Easter Ham

This juicy Easter ham has a sweet and savory brown sugar and mustard coating and is so delicious — we make it for dinner year-round! Topped with pineapple rings, it's a family favorite.

Prep Time:

15 mins

Cook Time:

1 hr

Total Time:

1 hr 15 mins

Servings:

20

**Ingredients**

2 cups brown sugar

3 tablespoons prepared yellow mustard, or as needed

1 (7-pound) boneless ham

1 (8 ounce) can pineapple rings in juice, drained and juice reserved

1 cup honey

Directions

Gather all ingredients. Preheat the oven to 350 degrees F (175 degrees C).

Score ham by making 1/2-inch-deep diagonal cuts in a diamond pattern.

Mix brown sugar with enough mustard to make a smooth, pourable sauce.

Place ham into a roasting pan. Drizzle honey, reserved pineapple juice, and brown sugar mixture over top.

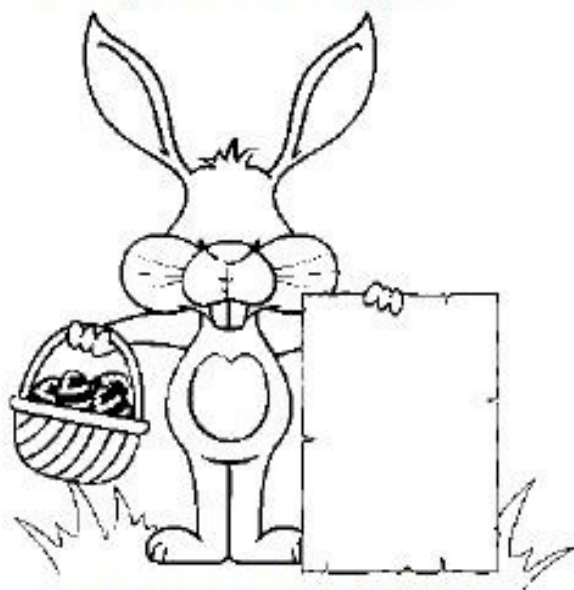
Arrange pineapple rings decoratively on ham and secure with wooden toothpicks.

Bake in the preheated oven, basting every 15 minutes with pan juices, until the diamond pattern on ham splits open, about 1 to 1 1/2 hours.

Serve and enjoy!

HAPPY EASTER!!

Color the Easter Bunny & write your own message too



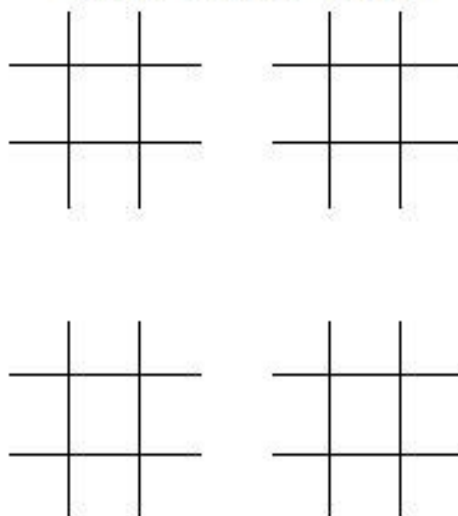
WORD SEARCH

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

EASTER
EGGS
BUNNY
CHICKS
SPRING
PEEPS

DECORATE
BASKET
CHOCOLATE
PARADE
BONNET
FIND

TIC-TAC-TOE



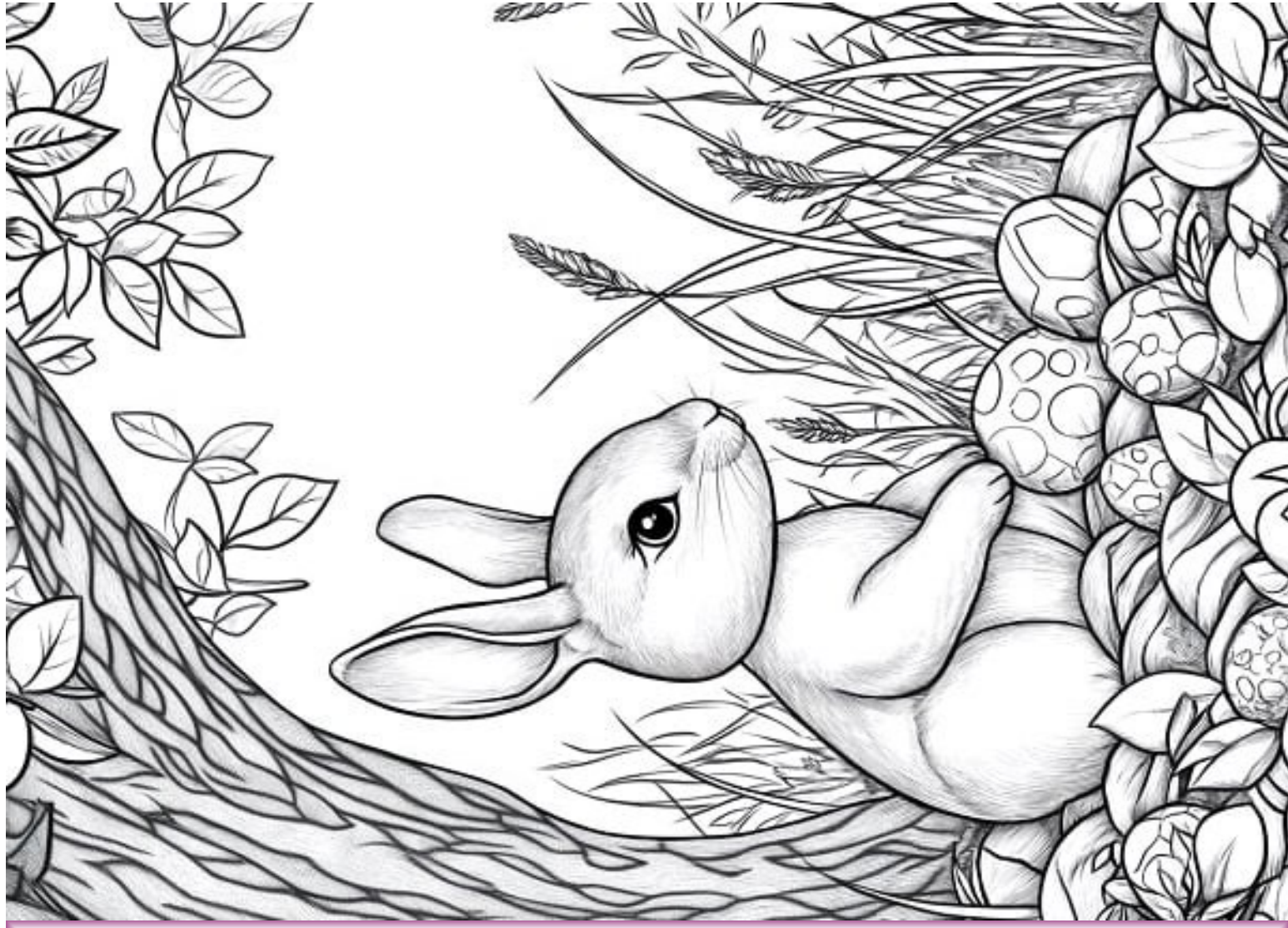
How many words can you make from

EASTER BUNNY

EASTER WORD SEARCH

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

1. Candy
2. Easter
3. Chocolate
4. Eggs
5. Basket
6. Hunt
7. Bunny
8. Decorate
9. Spring
10. Rabbit
11. Painted Eggs
12. Jelly Beans



Calhoun County Committee on Aging, Inc.

April 2026



<p>2% Milk and Margarine Served Daily</p>	<p>Menu Subject To Change Without Notice</p>	<p>1 Hamburger Ww bun Lettuce/onions/pickles Potatoes Carrots fruit</p>	<p>2 Ham Sweet potatoes Green beans Fruit & Cake Ww roll</p>	<p>3 CLOSED</p>
<p>6 AI steak Mashed potatoes Carrots Ww roll Fruit</p>	<p>7 Bake Beans & Wieners Cubed Potatoes Mix Greens WW cornbread Fruit</p>	<p>8 Beef Macaroni Green Beans Ww Roll Fruit</p>	<p>9 Fish Ww Bun Slaw Carrots and peas Fruit</p>	<p>10 Rib Sandwich Onions Brussel sprouts Potatoes Fruit Ww bread</p>
<p>13 Chicken Tenders Potatoes Carrots Fruit Ww Bread</p>	<p>14 Sloppy Joes Ww bun Cole slaw Potatoes Fruit</p>	<p>15 Cream Tomatoes sausage Apples Ww Biscuit</p>	<p>16 Broccoli soup Chicken salad sandwich Ww bun Mixed Fruit</p>	<p>17 Italian sausage Kraut Potatoes Ww Roll Juice</p>
<p>20 Northern Beans Mustard greens Onions Oranges Ww Cornbread</p>	<p>21 Pork chops Mashed potatoes Mushroom gravy Green beans Ww bread Tropical Fruit</p>	<p>22 Chicken pasta Steam vegetables Onions Peaches Ww bread</p>	<p>23 Cabbage roll Mashed potatoes Peas Mixed fruit Ww roll</p>	<p>24 Fish Ww Bun Ranch Potatoes Mixed Vegetables Lime jell-0 & Fruit</p>
<p>27 Baked Steak Mashed Potatoes Peas & carrots Fruit salad Ww roll</p>	<p>28 Calico Beans Kale onions Ww Cornbread Mixed Fruit</p>	<p>29 Lasagna Steam Vegetables Ww bread Applesauce</p>	<p>30 Cheese Salad Tomato Soup Fruit Ww bun</p>	

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

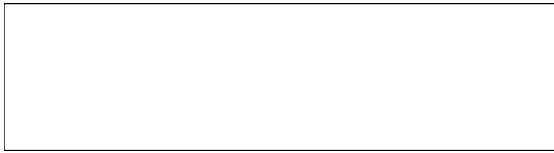
Minnora, WV 25261

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

