

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

WHAT CHRISTMAS MEANS TO ME

Christmas is a time of giving
And showing others love

And thanking God for His gift
That came from Heaven above

He gave His only begotten son
For a ransom for our sins

That we may have everlasting life
And spend eternity with Him

Christmas is a time of praising
Our Lord Jesus Christ

Because He gave His own life
For our sins He paid the price

He came not to destroy the world
But hoped it would be saved

So let us give thanks to God
For this special Christmas Day

By: Willie Sidney Conrad Joyner

December Birthday Club

Teresa Harris 7th

Sheryl Rafferty 7th

Evelyn McCormick 9th

Eugene Parsons 12th

Linda Patterson 16th

Joe Gonzalez 14th

Sue Swisher 19th

Steve White 19th

Charles Stump 20th

Duane Poling 21st

Denzil Dye 24th

Steve Dobbins 26th

Richard Rupert 26th

Brenda Alhawawsheh 27th

Doris Workman 27th

Pamela Davis 28th

Employees

Shonda Moore 1st

Shelba Tallhammer 26th



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.

CASH BINGO DATES 4th & 18th beginning @ 10:45am

Local Events

- Dec. 6th Christmas Parade in Grantsville from 6-7pm
- Dec. 7th Craft & Vendor Event at the Grantsville Senior Center (CCCOA) from 9am-4pm.
- Dec. 14th Music at the CCCOA provided by Starling Holbert and friends, beginning at 6pm.
- Dec. 23rd-Jan 1st Calhoun Co. Schools will be on Christmas and New Year's Break!

ANNOUNCEMENTS:

- **Dec. 4th & 18th– QUARTER BINGO @ the Grantsville CCCOA @ 10:45am**
- **1st & 3rd Saturday of the month– Lions Club Bingo @ the Lions Club beginning @ 6:00 pm**

Congregate meal programs provide healthy meals served in group settings. They aim to keep older adults healthy and independent, offer opportunities for social engagement, and connect people with other supports and services. If you have been on the fence about attending the CCCOA for lunch, we encourage you to give it a try. If you would like to bring someone with you, that is not 60 yrs or older, they are also welcome. We encourage all ages to attend and partake in the activities offered.

Meals are served at 11:30am, right after Bingo!

Suggested Donation Scale for Meals

Individual Monthly Income	Suggested Donation
\$700 or less	\$1.25 per meal
\$701 to \$800	\$1.50 per meal
\$801 to \$900	\$1.75 per meal
\$901 or above	\$2.00 per meal

[Guests under 60 years of age: \$6.00 per meal]

[Guests under 60, accompanying a senior: \$4.00 per meal]



CCCOA CHRISTMAS CRAFT & VENDOR EVENT

Saturday, December 7th, 2024

Time: 9:00am ~ 4:00pm

Location: CCCOA (Grantsville Senior Center)

Please use side door to enter through
dining hall door!

Address: 105 Market St.
Grantsville, WV 26147

Crafts, Vendors, Raffles, Food, Drinks & more!

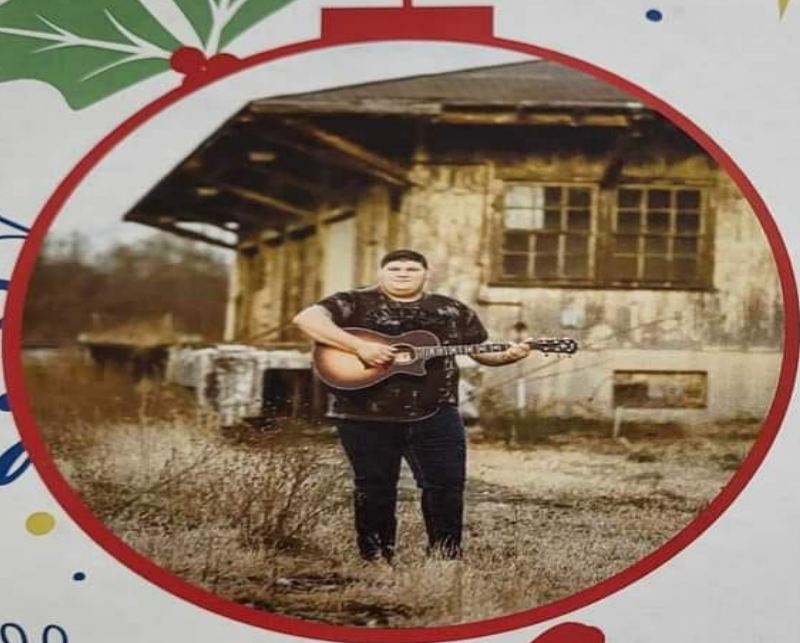
Breakfast and Lunch will be available!



**CHRISTMAS
PARADE 2024**
“CHRISTMAS MEMORIES”
FRIDAY, DECEMBER 6, 2024
6:00 PM
MAIN STREET
GRANTSVILLE, WV
LIVE MUSIC FROM 4 TO 6



SPONSORED BY: MINNIE HAMILTON HEALTH SYSTEMS

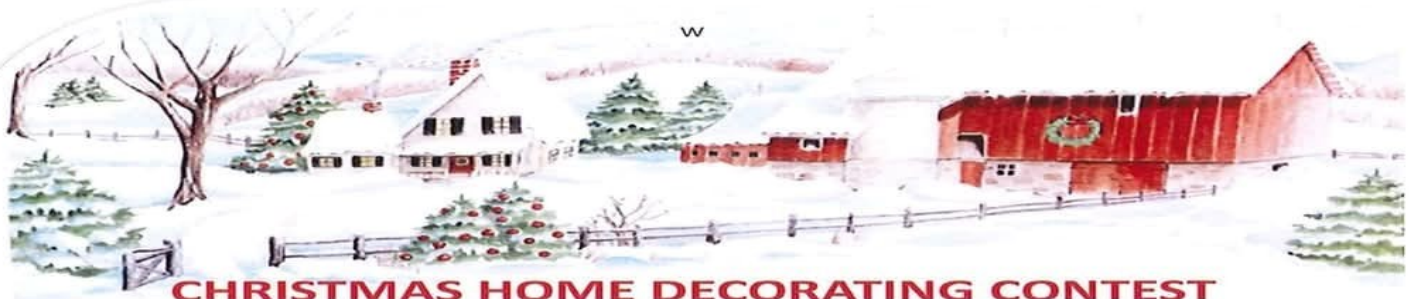


*Merry
Christmas*

The Calhoun Christmas Committee
is proud to announce a Special Performance by:

CODY CLAYTON EAGLE

December 6th, 2024
4:00 to 6:00 pm
Main Street
Grantsville, WV



CHRISTMAS HOME DECORATING CONTEST

GATHER YOUR CHRISTMAS LIGHTS, MISTLETOE AND CANDY CANES, POSE YOUR REINDEER & SNOWMAN CAUSE ITS TIME FOR THE CHRISTMAS MEMORIES HOME DECORATING CONTEST.

PARTICIPANTS MUST BE A RESIDENT OF CALHOUN COUNTY.
ALL PARTICIPANTS ARE REQUIRED TO HAVE LIGHTS AND DECORATIONS IN OPERATION BY DECEMBER 13TH, ONLINE VOTING WILL TAKE PLACE DECEMBER 13TH-15TH.

AWARDS WILL BE GIVEN FOR THE FOLLOWING CATEGORIES:

WINTER WONDERLAND

(MORE SEASONAL, LESS CHRISTMAS)

HOLLY JOLLY

(NO SPECIFIC THEME, BUT WOW!)

MERRY & BRIGHT

(EXCESSIVE USE OF OUTDOOR LIGHTS & DECORATIONS)

HOLIDAY SPIRIT

(REASON FOR THE SEASON)

PLEASE REGISTER BY SUBMITTING PHOTOS TO BALENGEE63012@GMAIL.COM
FOR QUESTIONS CALL 304-531-2875



WATCH FACEBOOK FOR UPDATES:

<https://www.facebook.com/share/xaAumsZLLzdWAbY/>

CORDIELLA'S

CONFECTIONARY



DEC 6TH
AFTER
PARADE

Candy & Confections by Cordiella
354 Main Street
Grantsville, WV

CALHOUN LIBRARY
CHRISTMAS CRAFT

DECEMBER 12TH @ 6:00PM

Join us for a
Diamond art Christmas coaster craft
All Supplies will be provided.

Cost is \$5 per person

Designs similar to picture below.

Refreshments will be served.

Check our facebook page for more information.



Cedar Creek State Park's 5th Annual Christmas Lights Celebration

December 13-14 and 20-21, 2024
5:30pm-9:30pm

Cedar Creek State Park, 2947 Cedar Creek Road, Glenville, WV 26351

Christmas Lights

Drive throughout the Cedar Creek State Park campground to enjoy festive light displays!

Live Christmas music by
Dr. Jason Barr!



All individuals, groups, and businesses are invited to **set up or sponsor** a display! Send us a message by **email or Facebook** to register or donate today!



Email: cedarcreekfoundation@gmail.com
Facebook: [Cedar Creek State Park Foundation](#)



Pictures with Santa

December 14 & 21
2:00pm-5:00pm
Recreation Building

Turn your picture
into a magnet for \$8!



Christmas Shopping

General Store:
12:00pm-9:00pm

Log Cabin
5:00pm-9:30pm

Hot Chocolate and
Coffee available
for \$1!

Senior Chair Exercises Chart

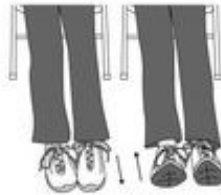
Tummy Twists



Hand Squeeze



Seated Shin Strengtheners



Back Massage



Neck Stretch



Ball Chest Press



Front Arm Raises



Front Arm Raises



Duck Wing Squeeze



Knee Extensions



Chest and Upper Back Stretch



Chair Stands



Overhead Arm Extensions



Elbow to Knee



Balancing Toe Taps



Heel Raises



Overhead Reach with Side Bends



Piés



Rear Leg Extensions



Side Leg Lifts



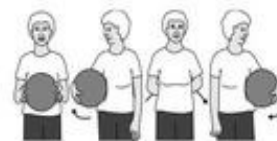
Inner Thigh Stretch



Sit and Reach



Around the Big Wide World



Thought I would share this tidbit of information for those of you who are animal lovers.

HOUSEHOLD MEDICATIONS FOR PETS

**The following is a list of common household human medications that can be used on pets.
 **These medications can be extremely useful if you cant reach a veterinarian immediately.

Product	Common Usage	Canine Dosage	Feline Dosage
Benadryl	Treats Allergies, Itching, etc.	½-1 mg per lb. Every 8 Hours Maximum Dosage 2mg per lb.	½ mg per lb. Every 8 Hours Can cause Excitability
Buffered Aspirin (Ascriptin)	Pain Relief Anti-inflammatory	5 mg per lb. Every 12 Hours	NOT RECOMMENDED!
Dramamine	Reduced motion sickness	12 ½ -50 mg Every 8 hours	12.5 mg Every 8 hours
Hydrogen Peroxide 3 %	Used to induce vomiting after accidental ingestion of poisons.	10 ml by mouth. Repeat in 15 minutes if not vomiting (do not exceed 3 times)	10 ml by mouth. Repeat in 15 minutes if not vomiting (do not exceed 3 times)
Imodium AD (liquid or tablet)	Relieves diarrhea	1 ml per lb.or 1mg per 20 lb Every 8 hours	NOT RECOMMENDED!
Kaopectate	Relieves Diarrhea	1 ml per lb. Every 2 hours	1 ml per lb. Every 2 hours
Mineral Oil	Eliminates Constipation	Up to 4 Tbs daily	Up to 2 Tbs Daily
Canned Pumpkin	Eliminates Constipation	2-3 tsp Every 8- 12 Hours	1-2 tsp. Every 8 -12 Hours
Pepto Bismol	Diarrhea, anti-vomiting, gas	1 tsp per 5 lbs or 1 caplet per 20 lbs Ever 6 hours	NOT RECOMMENDED!
Robitussin DM	Coughing, Hacking	1 tsp per 20 lb. Every 8-12 hours	NOT RECOMMENDED
Ibuprofen & Tylenol	DO NOT USE!!!!	DO NOT USE!!!!	DO NOT USE!!!!

Healthy Eating for Older Adults: The Silver Sneakers Guide

By Matthew Kadey, R.D. | March 24, 2023

Fueling your body with nutritious food shouldn't be a chore. Learn how to get started with a plan that works for your life.

Good nutrition is important at every stage of life. But to stay active and independent as you grow older, it's essential.

Not only does a healthy diet give you the energy you need to tackle your daily to-do list, it can also lower your risk of chronic health problems. Think of food as your secret healthy-aging superpower.

But what should a day of healthy eating really look like? It turns out that eating well is not as complicated as it might seem. This simple guide has everything you need to know about good nutrition for healthy aging, plus tips to turn your diet around—starting today.

Why is healthy eating important for older adults?

Good nutrition is key for better aging. Here are some of the ways that following a healthy diet over the years can pay off.

Stronger bones. A well-balanced diet that includes the right mix of protein, vitamin D, calcium, and other nutrients has been shown to cut the odds of developing [osteoporosis](#) and age-related muscle loss (sarcopenia), notes research published in the journal *Nutrients*.

Better heart health. Sticking closely to the recommendations in the U.S. Dietary Guidelines for Americans has been shown to help adults lower their long-term risk for [cardiovascular disease](#) and premature death caused by it, according to a study in the *American Journal of Medicine*.

Diabetes prevention. Similarly, a 2022 study in *PloS Medicine* shows that eating a well-balanced diet with plenty of whole foods (ones that are unprocessed or minimally processed), reduces the risk of type 2 diabetes by up to 30 percent, compared to a diet that lacks healthy foods. Researchers found a high-quality diet also helped reduce any genetic risk for the condition.

Lower cancer risk. Including more fruits, vegetables, fatty fish, and unsweetened yogurt in your meals helps protect against four of the biggest types of cancer: colorectal, breast, lung, and prostate. Those were some of the findings of a 2021 report published in *Nutrients*.

Improved brain functioning. Food fuels our minds too. The antioxidants in fruits and vegetables have been tied to a lower risk for dementia in adults over 45, per a 2022 investigation published in *Neurology*.

Healthier body weight. Not surprisingly, eating well for the long-haul helps us stay slimmer. According to a 2021 report in the *British Journal of Nutrition* that followed nearly 54,000 adults over 10 years, those who ate quality diets (such as following the U.S. Dietary

What is healthy eating?

There's certainly no shortage of opinions about what [makes a diet healthy](#). From pescatarian to vegan to gluten-free, healthy eating can mean different things to different people. And any of those eating strategies can keep you healthy too.

While there is no formal definition of a healthy diet for older people, health professionals widely agree that it involves eating mostly less-processed whole foods from across all the food groups.

Older adults may need fewer calories than younger ones, but the need for vitamins and minerals to avoid chronic health problems may become even more important in our later years. Eating a [variety of healthy foods](#) helps make sure you get enough of the different nutrients your body needs.

The food we eat is typically categorized into five food groups, which are:

- Fruits
- Vegetables
- Grains
- Dairy

Protein foods

Including a variety of healthy choices from each of these food groups every day will make it easier to meet your nutritional needs for good health.

What are macronutrients?

You may have heard this term before but didn't know what it meant. Macronutrients are broad categories of energy-providing nutrients that your body needs.

The three macronutrients are carbohydrates, protein and fat. Each one of these plays an important role in the body. Here's a quick description of each:

Carbohydrates: These break down into glucose (sugar) in the body that fuels your body with energy. Carbs are found in foods such as whole grains (oats, whole wheat bread, quinoa, brown rice etc.), fruits, vegetables, beans, and lentils.

Protein: Think of protein as the building blocks for your body's cells and tissues, including muscles, skin, hair, and bones. It's found in unsweetened dairy (milk, plain yogurt, etc.), legumes (beans, lentils, tofu), fish, seafood, eggs, and poultry.

Fat: The fat in food maintains your cell membranes, promotes the health of your nerves and brain, and increases the absorption of fat-soluble vitamins such as vitamin D and K. It's found in avocados, nuts and nut butters, seeds, olive oil and vegetables and seed oils (canola, flax etc.)

While many foods contain a mixture of these macronutrients, most contain mainly one or two of them. For instance, chicken is primarily protein, pasta is mostly carbs, and olive oil is fat.

You need all three macronutrients as part of a healthy diet, so you shouldn't exclude or seriously restrict any of them. Low-carb and [low-fat](#) diets may be popular, but restricting entire food groups isn't the healthiest way to eat.

The USDA's Dietary Guidelines for Americans provide older adults with a percent range for each macronutrient. They recommend consuming:

- 45–65 percent of your total calories from carbohydrates
- 10–35 percent from protein

20–35 percent from fat

Keep in mind that as you age, it might be important to adjust these percentages. Older adults may need to consume a higher percentage of [protein](#) to help preserve lean body mass, for example. Working with a registered dietitian can help you decide better what levels of macronutrients will work best for you.

What are micronutrients?

Cousins to macronutrients, there are nearly 30 vitamins and minerals that your body cannot make in sufficient amounts on its own. These are known as essential micronutrients. Not eating enough of them can lead to weaker bones, a decline in mental functioning, and worse heart health.

Examples of essential micronutrients that older people should get include:

- Vitamins A, C, D, E, and K
- Calcium

[Magnesium](#)

- Iron
- Vitamin B12
- Folate
- Selenium
- Phosphorus
- Zinc

Iodine

A varied diet focused on whole food can be the key to meeting all your micronutrient needs. The best way to get the full range of vitamins and minerals you need is from a well-rounded diet, with plenty of fruits, vegetables, [legumes](#), whole grains, and lean sources of protein, along with healthy fats, such as nuts and olive oil.

Ideally, you should try to meet your vitamin and mineral needs through your diet rather than supplements. A healthcare professional can help you determine if you would benefit from taking certain supplements such as [vitamin D](#), which is required for bone health and is challenging to get enough of from food alone.

Ideally, you should try to meet your vitamin and mineral needs through your diet rather than supplements. A healthcare professional can help you determine if you would benefit from taking certain supplements such as [vitamin D](#), which is required for bone health and is challenging to get enough of from food alone.

What are antioxidants?

This word gets used a lot, but you may not understand what antioxidants are. They are disease-fighting molecules that help protect against free radicals (unstable molecules) that can harm the cells in your body and accelerate the aging process. Free radicals also put you at risk for medical conditions like heart disease and cancer.

An important source of antioxidants comes from whole foods, both from plants and animals. Brightly colored fruits and vegetables contain loads of them, but meat, dairy, and grains contain some too. Vitamins C and E, beta-carotene, lutein, and lycopene are all antioxidants.

Where does water fit in?

A healthy diet also means staying well hydrated. Water is necessary for nearly every bodily function, from lubricating joints to regulating body temperature to maintaining brain functioning. So not getting enough of it can lead to serious health consequences.

As you age, your sense of thirst may decline, but you still need to drink regularly whether you feel thirsty or not. A study from the University of California, Los Angeles School of Nursing found that up to 40 percent of older adults may be chronically underhydrated.

Older adults are at greater risk for [dehydration](#) because of a tendency to consume less fluids, plus older adults have less water in their bodies to start with. Many common medications can also put you at risk for dehydration, including some taken for high blood pressure, diabetes, and heart failure.

To stay hydrated, drink fluids throughout the day and with each [meal and snack](#). You may find that drinking smaller amounts of fluid at regular intervals is easier than drinking a lot at once.

Not a huge fan of water? It's okay to satisfy your thirst with other unsweetened liquids. These can all be a part of any healthy diet:

- Milk
- Coffee
- Low-sodium soups
- Juicy fruits

Plant-based beverages like soy milk and almond milk

Which food should I avoid or limit?

There is room for all foods in a healthy, well-rounded diet, but there are some that should play only a minor role. One notable dietary villain is ultra-processed foods (UPFs).

Connect

There's no single accepted set of criteria for defining a UPF. But most health professionals agree on some common features: UPFs undergo multiple processing steps and are combined with any number of substances by manufacturers. Those can include hydrogenated fats, sweeteners such as high fructose corn syrup, artificial flavors, coloring agents, and emulsifiers to alter taste, texture, and shelf life.

UPFs often contain high levels of **added sugar**, fat, and salt, but lack the vitamins, minerals, and fiber present in lesser processed options. Examples of these foods can include:

- Pastries and baked goods
- Frozen meals
- Soft drinks
- Processed meats (hot dogs, bacon, deli meats)
- Boxed cereals
- Ice cream
- Potato chips
- Candy bars



Refined grains (white bread and bagels)

Adults who eat more ultra-processed foods are more likely to experience a heart attack or stroke, according to a 2021 study in the *Journal of the American College of Cardiology*.

Each additional daily serving of UPFs was associated with a 7% increased risk. Another recent study in the *American Journal of Clinical Nutrition* linked higher intakes of UPFs with increased incidence of kidney malfunctioning.

But you don't have to avoid everything that comes in a box or package. Processing refers to any method that's used to turn a whole food into a food product. Heating, pasteurizing, canning, and drying are all considered forms of processing.

A healthy diet can include generous amounts of canned beans, frozen vegetables and fruits, nut butters, extra virgin olive oil, and plain yogurt. These are technically processed foods—even if they aren't UPFs.

Another food category worth reconsidering is red meat. Steak, bacon, and deli roast beef are linked to an increased risk of cardiovascular disease risk, according to a study of Americans aged 65 and older in the journal *Arteriosclerosis, Thrombosis, and Vascular Biology*. If you're in the mood for animal protein, you're better off eating chicken or fish most of the time.

How can I plan and prepare healthy meals?

Cooking and eating nourishing food doesn't have to be hard, time-consuming or expensive. Here are some tips that make it easier to put healthy meals on your table.

Plan out your meals and snacks in advance. Look for recipes that focus on whole foods and that have a short list of ingredients. Use your menu to make a shopping list

Look for shortcuts. Remember that healthy convenience foods like canned beans and frozen vegetables are your friends.

Lean into leftovers. Making large amounts of healthy stews, soups and chili lets you reap the rewards all week.

Prepare foods differently. If some crunchy nutritious go-tos have become more difficult to eat as you get older, get creative. For example, you can cook vegetables instead of eating them raw or choose nut butter instead of whole nuts.

Stay motivated. Write down all the reasons healthy eating is important to you. Maybe you want to lower your risk for certain health conditions or have more energy to do the things you love most. Post your list front-and-center on your fridge for a daily dose of motivation.

<https://www.silversneakers.com/blog/healthy-eating-tips-for-seniors/>

Chickpea Cucumber Feta Salad

Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- 2 cups cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/2 red onion, thinly sliced
- 1/2 cup feta cheese, crumbled
- 1/4 cup fresh parsley, chopped
- 2 tablespoons fresh dill, chopped
- 1/4 cup extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon dried oregano
- Salt and pepper to taste

Directions:

In a large salad bowl, combine the drained and rinsed chickpeas, diced cucumber, halved cherry tomatoes, and thinly sliced red onion. Add the crumbled feta cheese, chopped parsley, and chopped dill to the bowl. In a small bowl, whisk together the olive oil, fresh lemon juice, dried oregano, salt, and pepper to make the dressing. Pour the dressing over the salad ingredients and toss gently to coat everything evenly. Adjust the seasoning with additional salt and pepper if needed. Serve immediately or refrigerate for up to 1 hour to allow the flavors to meld.

Prep Time: 15 minutes | Total Time: 15 minutes cal: 180 kcal | Servings: 4 servings



Chickpea Cucumber Feta Salad

What You'll Need:

- 1 can (15 oz) chickpeas, drained and rinsed
- 2 cups cucumber, diced
- 1 cup cherry tomatoes, halved

www.recipestasteful.com





Halloween Costume Party Winners
Sharon Nicholas- Best All Around
Diane Bernier- Most Unusual
Betty Ellison- Most Original
Karen Badgett- Prettiest
Alice Cottrell- Ugliest.
Glenda Carter- Most Halloweeny



Left Top– Betty Ellison celebrating her October Birthday. Bottom Left– Bob Glenn celebrating his November Birthday!

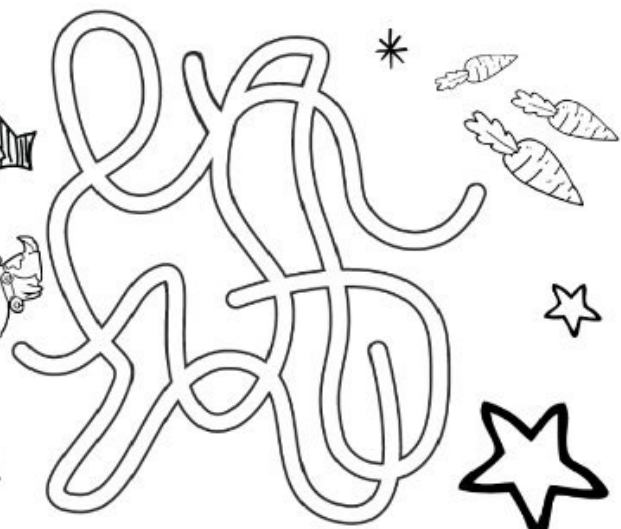
Happy Birthday to you both from all your friends at the CCCOA!

Bottom Right:

Bob Glenn and Randy Wilson being recognized for their service on Veterans Day!



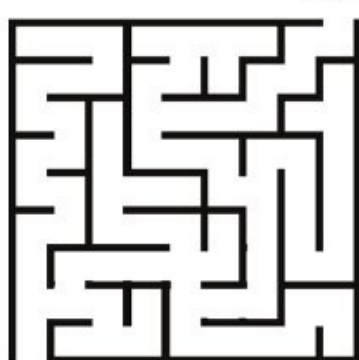
Rudolph is hungry... Help him get to his carrots!



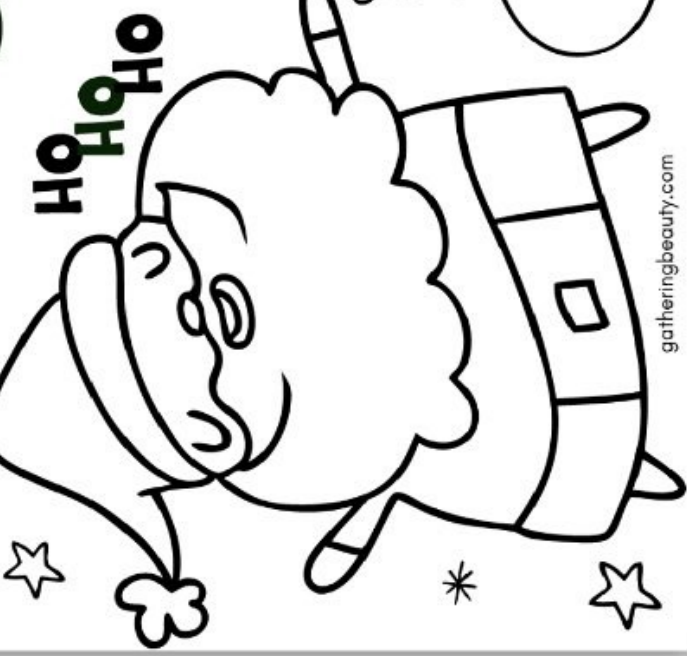
Can you unscramble these words?

lyojl
 osrtyf
 lehig
 lselb
 ddayc
 natsa
 oyj
 okoecis
 soty

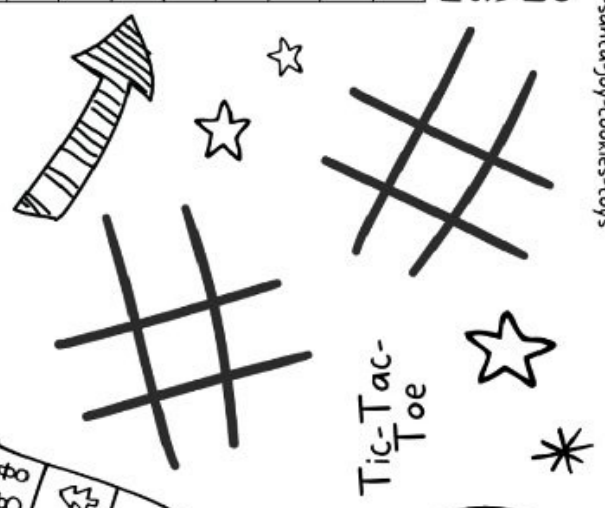
Help the elf find the missing gift.



MERRY Christmas



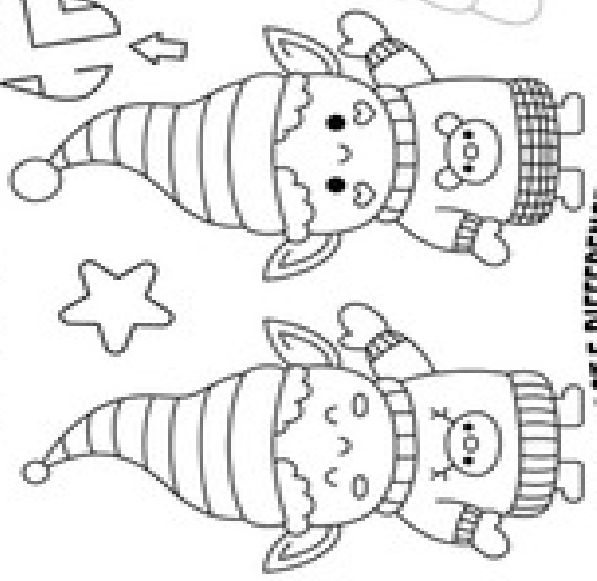
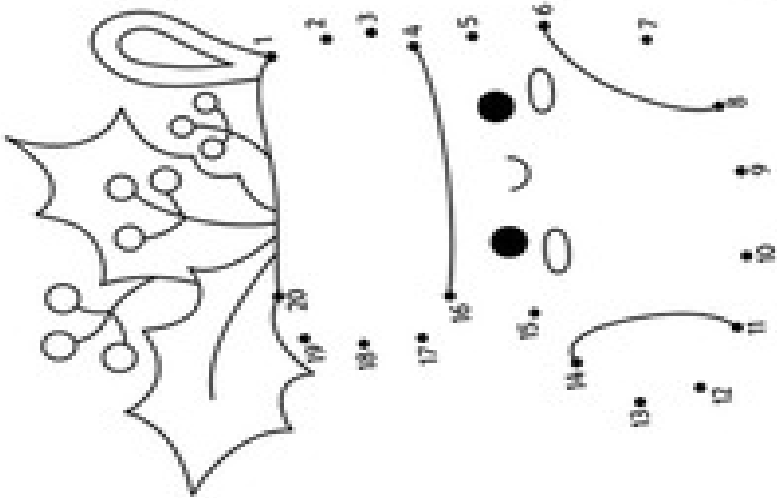
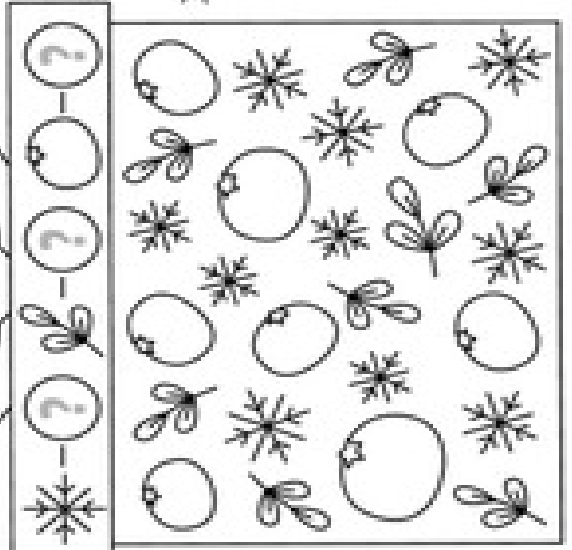
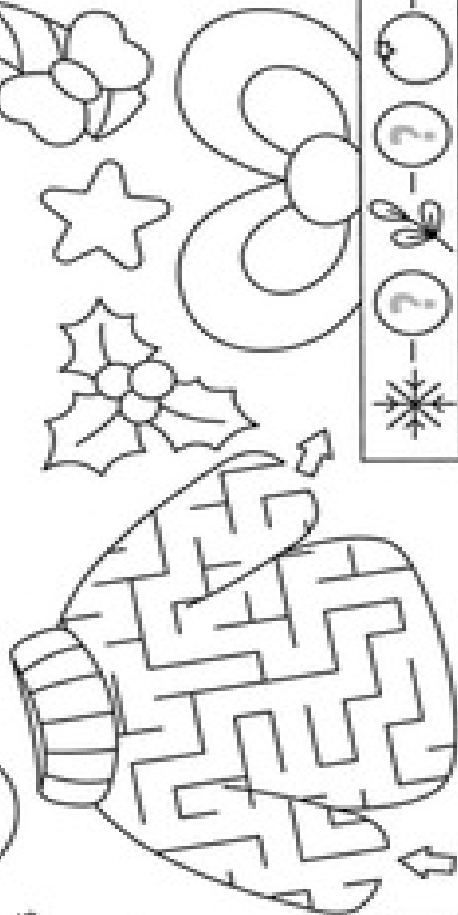
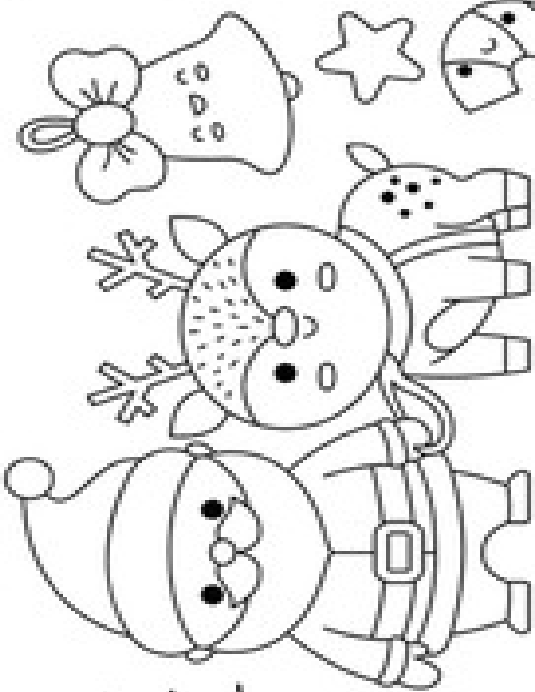
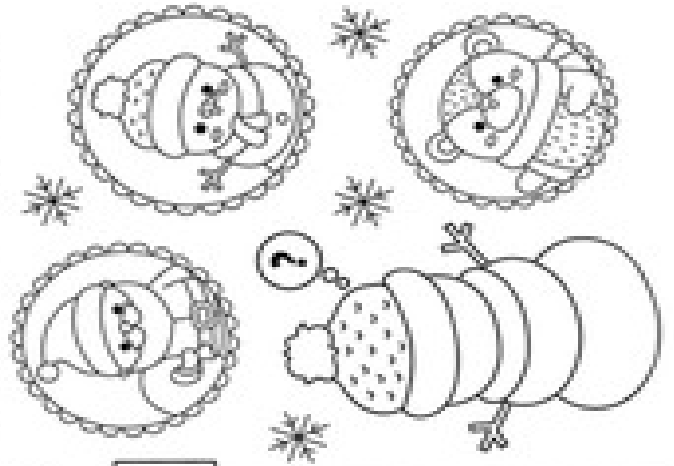
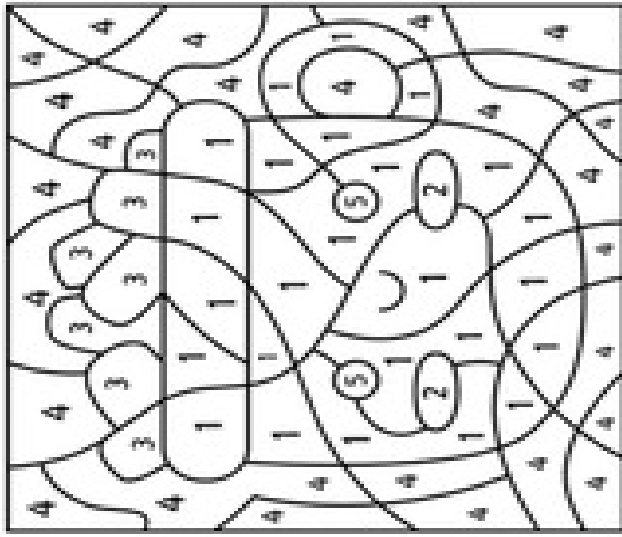
Find these words!



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

RUDOLPH
 SANTA
 WREATH
 LIGHTS
 COCOA

GIFTS
 ELF
 CANDYCANES
 SNOW



SPOT 5 DIFFERENCES



Calhoun County Committee on Aging, Inc. December 2024



Monday	Tuesday	Wednesday	Thursday	Friday
2 AI Steak w/ brown gravy potatoes Peas Oranges Whole Wheat Bread	3 Pinto Beans w/ham Mixed Greens Onions Mixed fruit Ww Cornbread	4 Chili w/ beans & meat Peanut butter ww bread applesauce	5 Chicken Patty Macaroni & Cheese Pears Pickles Whole Wheat Bread	6 Spaghetti w/meat sauce Tomatoes Steamed vegetables Tropical fruit Ww bread
9 Rib sandwich onions Ranch Potatoes Mixed Greens Fruit Whole Wheat Bread	10 Northern Beans w/ham Onions Chopped Greens Fruit Ww Cornbread	11 Baked Steak Mashed Potatoes Vegetables Mixed Fruit Whole Wheat Roll	12 Fish Coleslaw w/carrots Fruit Salad Whole Wheat Bun	13 Vegetable Soup Peaches Peanut Butter Sandwich Ww bread
16 Fish Peas & carrots potatoes Fruit Ww bun	17 Chicken tenders Whole Wheat roll Macaroni and cheese Green beans w/onions Fruit	18 Broccoli soup Cheese salad sandwich fruit Whole Wheat Bread	19 Christmas Dinner 	20 Pork chops Greens Steam vegetables Fruit Whole wheat bread
23 Tomato Soup Cheese salad sandwich Fruit Ww Crackers	24 Cook's Choice	25 CENTER CLOSED Merry Christmas! 	26 Sloppy Joe Whole Wheat Bun Stem Vegetables Peaches Potatoes	27 Hot Dog Sauce & Onions Cole Slaw Potatoes Fruit ww bun
30 Chicken w/ ww pasta Steamed vegetables Pudding Ww bread juice	31 Italian sausage Kraut Carrots Fruit Ww bun	Menu Subject To Change Without Notice	Milk And Margarine Served Daily	

Executive Director: Rick Poling

Board of Directors

Roger Jarvis— President

Pamela Gainer— Vice-President

Dottie Rader— Secretary

Janet Gherke— Treasurer

Dorothy McCauley

Martha Haymaker



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

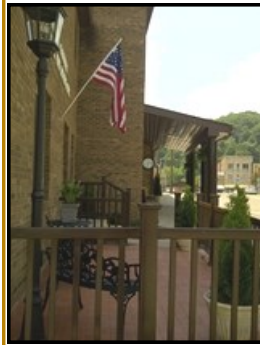
Fax: 304.354.6859

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

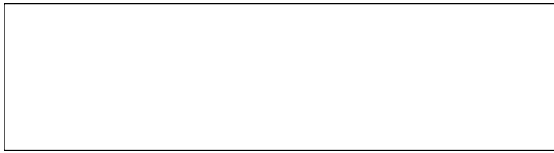
Minnora, WV 25261

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

