

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

January 2022

Issue 178

January **Birthday Club**

Darrell Sampson 2nd

Lance Bissel 3rd

Patricia Frederick 3rd

Karen King 4th

Catherine Eagle 7th

Carolyn Gumm 8th

Burton Murphy 8th

Mildred Ward 8th

Joyce Payne 11th

Bertha Cozart 12th

Gary Hammons 12th

Louise Wolverton 12th

Jessie Hickman 15th

Norma Gumm 17th

Joan Schumacher 17th

Bessie Welch 17th

William Shock 23rd

Mary Nichols 25th

Mary Poirier 26th

Sandra Funk 27th

Gloria Murphy 29th

Ronald Cross 31st

Employee

Sherri Honaker 5th

Sandy Harris 17th

The CDC is considering telling people to upgrade from cloth face coverings to N95 or KN95 masks in light of Omicron.

The CDC is thinking of changing its mask guidance in light of Omicron.

It's considering asking people to wear N95 or KN95 masks.

N95 and KN95 masks give better protection than cloth masks.

The Centers for Disease Control and Prevention is considering recommending that people upgrade their masks to N95 or KN95 models to help fight the fast-spreading Omicron variant, as the CDC knows these masks provide better filtration."

The CDC and World Health Organization currently recommend the public wear cloth masks.

But medical-grade masks, including the N95 and KN95 models, are better at stopping particles passing through the mask, which means the virus is less likely to spread when those masks are being used.

Some experts have said that cloth masks don't give enough protection the Omicron variant, given that it's more transmissible than previous variants.

However, any mask is better than no mask!

<https://news.yahoo.com/cdc-weighs-recommending-better-masks-032518946.html>

MINI MAC IN A BOWL

YIELD: 1 SERVING

PER SERVING: 1 LEANER | 3 GREENS | 1 HEALTHY FAT |
3 CONDIMENTS | ½ OPTIONAL SNACK

TOTAL TIME: 15 MINUTES

INGREDIENTS:

- ☐ 2 Tbsp diced yellow or white onion
- ☐ 5 oz. 95-97% lean ground beef
- ☐ 2 Tbsp Wish-Bone® Light Thousand Island Dressing
- ☐ ⅛ tsp white vinegar
- ☐ ⅛ tsp onion powder
- ☐ 3 cups shredded romaine lettuce
- ☐ 2 Tbsp reduced-fat shredded cheddar cheese
- ☐ 1 oz. dill pickle slices
- ☐ 1 tsp sesame seeds
- ☐ Cooking spray

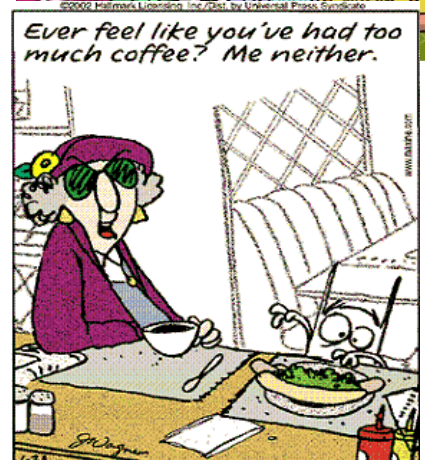
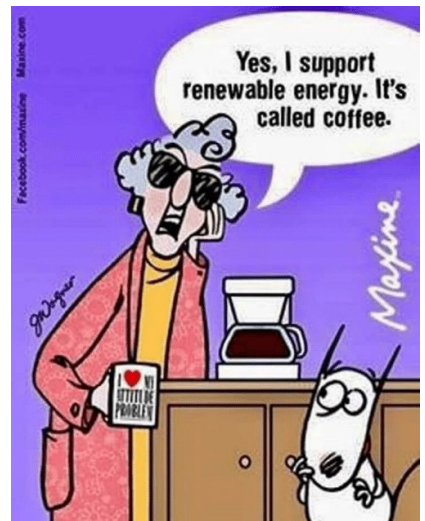
DIRECTIONS:

1. Heat a small, lightly greased skillet over medium-high heat. Add the onion and cook until fragrant, about 2 to 3 minutes. Add the beef and cook until fully browned.
2. Meanwhile, mix together dressing, vinegar, and onion powder.
3. To assemble: Top lettuce with ground beef and sprinkle with cheese. Top with pickle slices, drizzle with sauce, and sprinkle with sesame seeds.



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Soapbox

While visiting the Christmas Village in 2021 although it was cold we still had some fun. Standing in front of the cabin to see what we could see; I see a friend coming toward me her name is Samantha P.

We chatted awhile and she asked how I was, and I said, "Oh, well, you know how it goes? My nose is frozen, and I can't feel my toes." So, she suggested that it was not so "good" way back when. And why do not I write what it was really like then.

So, here's my article on the 1800's. I dedicate it to Samantha P.

Air Conditioning--- windows open, bugs and other flying things come in, cannot open the doors because animals and other things will crawl or slither in...

Alarm Clock--- Rooster crows at just a peak of sun

Bath Time--- #2 wash tub, wait for water to heat, dirtiest kid goes last

Cooking--- a big cast iron wood stove, lots of wood, no timer, lots of burnt stuff, keeps kitchen warm in summer and winter

Central Heating--- fireplace keeps your backside warm if you stand in front of it, feet are cold as floors are freezing

Bathroom --- little brown shack out back and a pan or receptacle under bed at night... not my turn to empty it, a basin of water to wash up in the kitchen. Wonder what else or who else washed in the water...

And last but not least, one of my favorite things is running water. I mean from a faucet or a tap not a pump in the backyard or a well back there either. Having water buckets is not my idea of fun. But that their idea of running water was a creek out front or a stream outback...heaven only knows what is in there. The very idea of washboard, creek, stream, or a washtub scares the bejabbers out of me.

So, the 1800's I will easily forget. Give me the twenty something you bet.

Happy New Year!

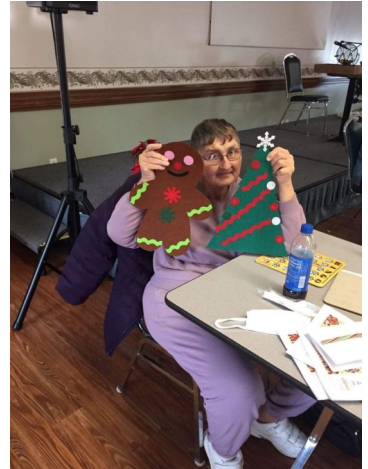
~Judy~

'til next month



Christmas 2021







The pandemic has made me long for more open space, less handshaking, more waving. I lived much of 2020 and 2021 trying to escape reality. I kept myself informed, obsessively informed, scrolling through and watching news like a social media addict – clicking on every new link relating to the pandemic.

I went from being informed to being overly informed – and overly worried. Worried about human rights, global warming, politics, Covid, masks... do they or do they not work, sneezes, what to do and what not to do, and coffee... let's not forget the important things like coffee, is it going to make it off that ship docked in the ocean or not. Trust me, you don't want to be around me until I've had my morning coffee, especially during the pandemic. Basically, I worried about everything and how to deal with and clean up all the messes we as humans had created.

Until I realized all the obsession with staying informed only made me more miserable. So, I decided to walk away from the regimen that I recently inflicted upon myself and my poor family. A healthier, but smaller dose of information, has made me happier and genuinely connected to life and those closest to me.

I've learned I'm far more happy, and capable of succeeding in everyday life when not in a cesspool of worry. By pulling my head out of the cycle that was causing constant worry and frustration, I've learned that the reality of just being healthy and happy, even if at home, isn't so bad. We are fully vaccinated and have received our boosters, we wear our masks and try to do as much as possible to stay healthy and keep those around us healthy as well. I feel as long as we are doing our part, and trying to keep from getting or spreading the virus... well that's about the best we can ask for and expect at this point. By all means, I am not recommending that you don't stay informed... just do so on a healthy level. If the pandemic has taught me anything, it's taught me that what we often take for granted are the most important things in this life.

As Adele says in her new song;

So I hope I learn to get over myself

Stop tryin' to be somebody else

So we can love each other for free

She later states ... Why am I obsessin' about the things I can't control?

There is so much truth in those few lyrics. Life is far too short to obsess over the things we can't control. Do the best, the very best you can, and let the rest go!

Help Fight Hunger in our own County! Help us reach our goal!

Meals on Wheels in Calhoun County is a service designed to assist the frail elderly shut-ins by providing them with one well balanced, nutritious, hot meal, five days per week. The program is for those persons who cannot cook for themselves, don't have anyone to cook for them, and are unable to leave their homes for meals. This service helps to allow Senior Citizens to stay in their own homes longer, maintain some independence, and avoid living in costly institutions - a financial benefit to the client and the community.

A Meals on Wheels delivery also provides a reassuring "check-in" on those who live alone. Any unanswered delivery is reported and investigated. Any changes in a recipient's health or needs are noted, and dietary changes are made, as needed. If appropriate, referrals to family, physician, or other community services, are also made.

Unfortunately, many of our meal recipients are unable to donate toward the cost of their meals (and Federal Senior nutrition funding grants require significant matching donations and/or matching local funds in their funding formulas and service projections). It is up to us to raise funds to assure that many in need do not go hungry. The need is growing, but the funds are shrinking. Your gift will go far to help ensure that no one goes to bed hungry.

Last year, The Calhoun County Committee on Aging was able to prepare and deliver 17,404 meals on wheels. That's a lot for our small County! The cost to prepare and deliver one meal is a little over \$7.75, but when our delivery trucks and drivers are already on the road, the cost of adding another meal to the route falls to approximately \$6.00. Your gift of \$30.00 can provide a homebound Senior a meal for a week. \$60.00 would provide meals for two weeks. And a gift of \$130.00 would provide meals for a month for a homebound elderly client.

And, because The Calhoun County Committee on Aging is a 501c3 not for profit business, most donations are tax-deductible (please consult your financial advisor for details).

Thank you in advance for your support of this program. Please complete and return the bottom section. Help us meet our \$5,000 goal! This is a perfect opportunity for your end-of-year giving!

Yes, I would like to help the homebound elderly

\$30.00 (Meal for 1 week)

\$60.00 (Meals for 2 weeks)

\$130.00 (Meals for 1 month)

Other: Amount

Thank you for your support of the home-bound Seniors of Calhoun County!

Please mail completed form and donation to:

CCCOA
Attention: Meals on Wheels Program
P.O. Box 619
Grantsville, WV 26147

20 THINGS TO LET GO OF IN 2022

1. FEAR OF THE FUTURE

It's natural to experience fear when looking ahead to what the future holds, but don't allow your fear to take control of you.

Sure, fear can keep you from making mistakes, but it also keeps you from growing and learning. Focus on taking one step at a time and keep moving forward.

Everything you've ever wanted is on the other side of fear. By: George Addair

2. THE ILLUSION OF CONTROL

We can control some things, but there are plenty of things we can't, and it's important to recognize the difference between the two.

Let go of the things you can't control and focus your attention on what you can do to improve your life.

3. THE NEED FOR MORE THINGS

Do you find yourself constantly comparing yourself to someone else and wanting what they have?

Nowadays, it's easy to find yourself always wanting more, but owning more things doesn't necessarily make you happier.

After all, the more things we have, the more work and responsibility we have to care for them. The fewer things we have, the less time and energy we spend on taking care of them, meaning we have more space for important things in our life.

Be grateful for what you have and go for experiences over possessions.

4. CLUTTER IN ALL ITS FORMS

Clutter can be physical, mental, digital, or emotional, and it's often a result of negative thoughts about ourselves, indecision, procrastination, fear, or unresolved issues from the past that culminate in a big pile of stress and overwhelm.

The more things we have accumulated over time, the less space there is for anything new to happen in our lives.

Get rid of things you don't use, don't love, or don't need, and make space for the things that matter most to you. You don't have to go full-on minimalist to reap the benefits of minimizing clutter, so go ahead and start!

5. GUILT ABOUT LETTING GO

It can be challenging to let go of things we've been holding on to for a long time, even if they no longer serve us or make us happy.

We may feel guilty when we think about getting rid of something given to us or has sentimental value, but it's important to remember that we are not obligated to keep anything we don't want.

Fight guilt with gratitude and find positive ways to let go of clutter, such as selling it online or donating it to a charitable organization.

6. FROGS YOU HAVEN'T EATEN IN

When you keep putting yucky tasks off, they keep piling up, and it can be tough to know where to start. One strategy is to focus on one area at a time and work your way through the clutter systematically.

There's a book on this topic, which refers to a famous Mark Twain quote:

"If it's your job to eat a frog, it's best to do it first thing in the morning. And If it's your job to eat two frogs, it's best to eat the biggest one first."

Mark Twain

Start by identifying any of these "frogs" and write them down at the beginning of each day; you can choose from one to three (check out this daily planner for help with this!)

Once you've identified those frogs, take care of them straight away – often, you'll find it takes less time than you anticipated.

7. BAD MONEY HABITS

Do you tend to spend money celebrating when you're happy or blowing off steam when you're upset?

Or maybe you keep putting more and more debt on your credit card, but bury your head in the sand and try not to think about how you're going to pay it off?

It's time to kiss bad money habits goodbye and say hello to more money in the bank.

Fight bad money habits this year by tackling goals like:

paying off debt

tracking your spending

keeping a budget

cutting down on emotional spending

starting a money-making side hustle

8. TOXIC RELATIONSHIPS

Part ways with negative people or drain you of your time and energy.

The longer you've known the person or, the closer you are or were, the harder it can be to say goodbye, but it's time to cut the cord.

You don't need that kind of negativity because it will only hold you back from reaching your goals and enjoying life.

Instead, fill your time with positive people who support and encourage you and nurture those relationships.

9. SAYING YES TO EVERYTHING

Don't feel bad about saying no because you're allowed to prioritize your time and energy. If you don't have the time, money, or energy to commit to an event, activity, or person, it's best to be upfront and honest about that.

It's okay not to go out every week or attend so many social events when it takes away from things you enjoy or make you feel fulfilled.

10. LAST YEAR'S GOALS

You either met your goals, or you didn't, so it's time to let go of your vision for last year and make new ones for the upcoming year.

It's important to set fresh goals that excite and inspire you!

Pat yourself on the back if you met your goals and let go of lingering guilt or regret if you didn't. But don't just walk away from unmet goals without trying to learn something from experience – every failed goal is a valuable opportunity!

If you didn't achieve a goal that you set for yourself, then you have two options:

Make a new goal for yourself.

Brainstorm new strategies for achieving that goal THIS year.

Some goals take longer to reach than others, so don't be discouraged if you're only there partway! Just workshop your plan and keep at it; eventually, you'll cross the finish line.

11. THE PAST

The past can either help you or hurt you.

If you dwell on things that have happened in the past, it's going to do nothing but hurt you.

But if you learn from those things and let them go, then the past can be a valuable experience to help push yourself forward!

Remembering who you are and where you came from is important, but don't let the past dictate your present or overshadow your future.

12. WORRY ABOUT WHAT OTHERS THINK ABOUT YOU

Allowing someone else to direct your life or behaviors can only hold you back.

Humans are social creatures, and we have a natural desire to be accepted and loved by others, so we often change ourselves to fit into their mold.

You have to live with the decisions you make, and they don't, so don't allow your mom or Uncle Jimmy or that girl from high school that you're Facebook friends with dictate what you do with your life!

13. PERFECTIONISM

Trying to do things perfectly every time can often lead to anxiety and a feeling of not being good enough.

Perfectionism can also lead to procrastination, as you'll spend more time worrying about failure or trying to make sure everything is perfect than actually completing the thing you're trying to do.

Of course, you want to do your best, but it's not always realistic that everything in your life will turn out exactly as you want it to, so embrace imperfection so you can keep moving forward.

Repeat after me: done is better than perfect.

14. BUYER'S REMORSE

Buying things you don't need or want just because they're on sale can often lead to buyer's remorse.

It's essential to be mindful of your spending and only buy things that will add value to your life, not things that will take up space and gather dust.

Let go of buyer's remorse that you have from purchases you regret in the past year and make a commitment to learning how to stop buying stuff you'll regret this year.

15. LIMITING BELIEFS

Limiting beliefs are those intrusive and negative thoughts that pop up in your mind and hold you back from becoming the best version of yourself.

This type of mindset will have to change if you want your life to get better, so let go of limiting beliefs that prevent positivity and start believing things can be different for yourself this year.

"Believe. Achieve. Receive."

16. GRUDGES

Resentment and grudges will prevent you from growing and progressing in your life.

Most of the time, the person we hold a grudge against isn't affected by our feelings in the slightest, so the person who ends up holding onto the hurt ends up with the shorter end of the stick.

Don't let those negative feelings eat away your happiness and mental health!

While you don't have to forgive someone who hurt you, you CAN decide to let go of wrath, anger, and hate and choose to move forward and heal instead.

17. UNEXPRESSED FEELINGS

Bottling up your feelings can lead to all sorts of problems, like anxiety, depression, and even physical health issues.

If you're not in a position to talk about how you feel with the person involved, find someone you trust who will be able to listen without judgment – or even consider therapy!

18. NEGATIVE DEFINITIONS OF SUCCESS

So many of us have been brainwashed into thinking that success is defined by money, power, and status.

But what if we decided to redefine success on our terms? What would that look like for you?

You might need to do some soul-searching and redefine what success means to you – may be for you, success means making a difference in a child's life or helping save the environment.

Whatever it is, make sure that your definition of success isn't based on someone else's approval or standards – it's okay to want a simple life!

19. TOO MUCH TIME ON YOUR SMARTPHONE

Would it shock you to hear that the average person spends 5-6 hours on their smartphone each day, not including work-related smartphone usage?

Think about all the things you could do with your life with all those extra hours. You could learn a new language, write a book, get in shape – so many possibilities!

See if you can reduce your smartphone usage and put that time and energy towards other activities and goals that actually make a difference in your life satisfaction.

20. TOXIC FANTASY SELF ITEMS

A fantasy self is an idealized image you hold of yourself that exists separate from logic or reality.

Common fantasy self items include:

too-small pants in a "goal" size or weight

hobby and craft supplies we don't have time for

books we don't enjoy reading

kitchen appliances we never use

ingredients that we don't know how to cook with

and so much more...

It's time to get in touch with the real, authentic you and let go of fantasy self items.

They don't serve you anymore, and they only keep you from living a joyful life. Focusing on finding ways to be who you are, not chasing an image of who you want to be.

Site: [20 Things to Let Go of in 2022 \(for a Happier & Better Life!\) \(squirrelsofateather.com\)](https://squirrelsofateather.com)

MARTIN LUTHER KING, JR.

WORD SEARCH

C	V	L	R	G	H	T	S	M	A	R	T	A	L	I	R	A	D	A	D
I	H	A	V	E	A	D	R	E	A	M	S	P	E	N	E	C	H	U	O
V	I	N	S	I	M	E	F	R	Q	E	E	D	O	T	M	G	R	L	C
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AMERICAN

CIVIL RIGHTS

COURAGE

DOCTOR

EQUALITY

FREEDOM

I HAVE A DREAM

INSPIRE

INTEGRATION

JUSTICE

LEADER

MARCH

MINISTER

MOVEMENT

NON-VIOLENT

PEACEFUL

PROTEST

RACE





Matchmaker

MATCH EACH OF THE 14 QUOTES BELOW
WITH THE POPULAR ROMANTIC MOVIE IT'S FROM.

- 1 - I want all of you, forever, you and me, every day.
- 2 - You should be kissed, and often, by someone who knows how.
- 3 - As you wish.
- 4 - I want the fairy tale.
- 5 - Nobody puts baby in a corner.
- 6 - You will never age for me, nor fade, nor die.
- 7 - I wanted it to be you. I wanted it to you be so badly.
- 8 - You complete me.
- 9 - I'm just a girl, standing in front of a boy, asking him to love her.
- 10 - To me, you are perfect.
- 11 - I think I'd miss you even if we'd never met.
- 12 - Here's looking at you kid.
- 13 - Our love is like the wind. I can't see it, but I can feel it.
- 14 - You make me want to be a better man.

A - You've Got Mail.
B - As Good As It Gets
C - The Notebook
D - Princess Bride
E - Gone With the Wind
F - The Wedding Date
G - Dirty Dancing

H - A Walk to Remember
I - Notting Hill
J - Casablanca
K - Love Actually
L - Jerry Maguire
M - Pretty Woman
N - Shakespeare in Love



Happy President's Day!

US Presidents/President's Day

What does President's Day celebrate? This holiday is most commonly called President's Day, but the federal holiday is officially called Washington's Birthday. The day honors all of the previous presidents of the United States.







When is President's Day celebrated? The third Monday in February Who celebrates this day? Many states celebrate Washington's Day while other states officially call the day President's Day. The holiday is held on or around President George Washington's birthday, which is on February 22nd. President Abraham Lincoln's birthday, February 12, is also near this date and is often honored on President's day. Fun Facts: In honor of President's Day we've put together some of our favorite fun facts about presidents. George Washington was the only president unanimously elected. Meaning all of the state representatives voted for him. John Adams died on the same day as Thomas Jefferson, July 4th, 1826. This day was also the 50th anniversary of the approval of the Declaration of Independence! Thomas Jefferson was also an accomplished architect. He designed his famous home at Monticello as well as buildings for the University of Virginia. James Madison and George Washington are the only presidents who signed the Constitution. James Madison was the shortest president at 5 feet 4 inches tall and weighed 100 pounds. Abraham Lincoln was the tallest president at 6 feet 4 inches tall (Lyndon B. Johnson was also 6' 4"). James Monroe was the 5th president, but the 3rd to die on the 4th of July. On the day he was shot, Lincoln told his bodyguard that he had dreamt he would be assassinated. Abraham Lincoln often stored things like letters and documents in his tall stove-piped hat. Franklin D. Roosevelt met President Grover Cleveland when he was five years old. Cleveland said "I am making a wish for you. It is that you may never become president of the United States". Franklin D. Roosevelt was the first president to appear on television during a 1939 broadcast from the World's Fair. At 42 years, 10 months, 18 days old Teddy Roosevelt was the youngest man to hold the office of president. Joe Biden was the oldest at 78 years, 61 days. John F. Kennedy was the youngest to be elected president. Teddy Roosevelt was blind in his left eye due to an injury in a boxing match. When Ronald Reagan was shot by an assassin in 1981, he joked "I forgot to duck". The "S" in Harry S. Truman does not stand for anything. John F. Kennedy was the first president who was a Boy Scout. Woodrow Wilson was buried at the Washington National Cathedral. He is the only president buried in Washington D.C. Andrew Jackson was shot in the chest during a gun duel, but managed to stay standing and shoot and kill his opponent. The bullet could not be safely removed and remained in his chest for the next 40 years. George W. Bush is the only president to have earned a Master of Business Administration (MBA) degree. Barack Obama won a Grammy Award in 2006 for his voice on the audio book Dreams From My Father. After working at a Baskin-Robbins as a teen, President Obama no longer likes ice cream. Bummer! Bill Clinton enjoys playing the saxophone and was a member of a band called "Three Blind Mice" in high school. Martin Van Buren was the first president to be born as a citizen of the United States. The presidents before him were born as British subjects. Martin Van Buren was the only president to speak English as a second language. His first language was Dutch. William Henry Harrison was the 9th president. His grandson, Benjamin Harrison, was the 23rd president. John Tyler had 15 children. The White House must have been hopping! James K. Polk was the first president to have his photograph taken while in office. William Henry Harrison died just 32 days after becoming president. He died from a cold he got while standing in the rain giving his inauguration speech.

Read more at: https://www.ducksters.com/biography/uspresidents/president_fun_facts.php



January 2022 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 Cook's Choice 	4 Hamburger w/ Mayo, mustard, lettuce, onion On Whole Wheat Bun Potatoes Fruit	5 Chili w/ Meat & Beans Cornbread Fruit	6 Fish Coleslaw Peas Whole Wheat Bread Juice	7 Vegetable Soup Cheese Stick Banana Pudding Crackers
10 Pinto Beans Kraut Potatoes Cornbread Fruit	11 Baked Steak Mashed Potatoes Gravy Green Beans Roll Juice	12 Pizza Corn Jell-O w/Fruit	13 Broccoli Soup Cheese Salad Sandwich Fruit Crackers	14 Baked Spaghetti Vegetables Fruit Hot Roll
17 Center Closed for Martin Luther King Jr. Day	18 Chicken Sandwich w/ Onion/Mayo Ranch Potatoes Fruit Whole Wheat Bun	19 Meatloaf Au Gratin Potatoes Peas Roll	20 Hot Dog W/Sauce Coleslaw Baked Beans Whole Wheat Bun Juice	21 Lasagna Broccoli Fruit Garlic Toast
24 Chicken Strips Mac & Cheese Broccoli Fruit Whole Wheat Bread	25 Sloppy Joes Potatoes Pudding	26 Beef Stew Green Beans Cornbread Fruit	27 Rib Sandwich Potatoes Bun Fruit	28 Cook's Choice 
31 Cook's Choice 	 	 	 	Menu Subject To Change Without Notice

Executive Director: Rick Poling

Board of Directors

Roger Jarvis— President

Pamela Gainer— Vice-President

Dottie Rader— Secretary

Launa Butler

Carroll McCauley

Martha Haymaker

Patti Hicks

Roberta Wilson

Matt Sanders

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

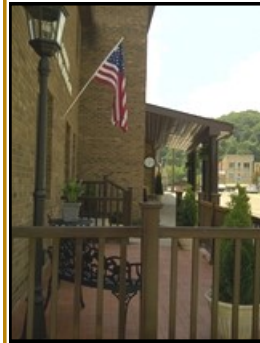
Phone: 304.354.7017

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.

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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.

West Fork Center

121 Milo Road

Minnora, West Virginia 25261

Hours: 9:00am - 2:00pm

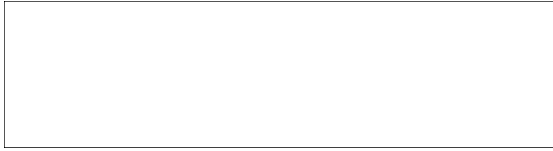
Monday, Tuesday, Thursday

Phone: 304.655.8805

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Grantsville, WV 26147





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