

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

The Calhoun County Committee On Aging, Inc., provides a wide variety of services and programs to our senior citizens and to our community, including but not limited to:
Congregate Meals in the Grantsville and West Fork Center Dining Halls

Transportation via Our Buses and/or Individual Pick-Up
In-Home Care Services with Personal Care Providers through:
Medicaid, Aged & Disabled Waiver, & Veterans Affairs
"Meals On Wheels" via Our Two "Hot Delivery" Vehicles
"Family Alzheimer's In-Home Respite" Services (FAIR)
Provision of Services Under West Virginia's
"Lighthouse" and "LIFE" Programs
"At Risk and Frail Elderly" Services
Title III Services:

Title III-B: Supportive Services such as transportation, shopping and in-home services;

Title III-C: Nutrition Services, including congregare and home-delivered meal programs;

Title III-D: Disease Prevention and Health Promotion Services;

Title III-E: National Family Caregiver Support Program, providing support to individuals who care for frail or older family members.

Medicare and SHIP Counseling
Trips and Excursions
Book and Media Library

Computer Internet Cafe with Printers

Exercise Facilities (complete with a total of 8 treadmills, 5 of which are brand new), Wii station with 54-inch screen, weight training equipment, 2 BOWFLEX

machines, aerobics/yoga/zumba areas, 3 stairclimber machines, 4 stationary bikes, 2 orbital machines, 2 arm and pedal resistance bikes, 2 rowing machines, ab trainers, multi-media audio-visual players and screens, ankle weights, exercise balls, yoga floor mats, and more)

Multiple Group and Individual Activities: Bingo, Cards, Choir, Quilting, Sports & Skills Tournaments, Music Programs & Lessons Nutritional Counseling and Discounted-Cost Nutritional Products, Quilting Room & Craft Room
Free Wireless Internet Access in the Grantsville Center
Puzzle-Tables, Semi-Annual Health Fair
Live Music & Billiards

January

Birthday Club

Shirley Riley 2nd
Randy Thompson 2nd
Catherine Eagle 7th
Carolyn Gumm 8th
Burton Murphy 8th
Joyce Payne 11th
Terry Rose 12th
Wilbert Reynolds 14th
Norma Gumm 17th
Eula Murphy 17th
Joan Schumacher 17th
Bill Shock 23rd
Mary Poirier 26th
Sandra Funk 27th
Ronald Cross 31st

Employees

Sandra Harris 17th



Grantsville CCCOA Activities

January 12th	Quarter Bingo @ 10:45am, winner takes the pot!
January 16th	Cardio Drumming in the exercise room @ 10:00am
January 18th	Bible Study @10:00am; Game Day @ 10:45am
January 25th	Bible Study 10:00am
January 26th	Quarter Bingo @ 10:45am, winner takes the pot!
January 30th	Cardio Drumming in the exercise room @ 10:00am

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 and more available at your leisure.

Local Events

Feb. 3rd	Monster Truck Live Glow Party– Charleston Coliseum & Convention Center, 200 Civic Center Dr, Charleston, WV 25301, USA; Doors open at 11:30 , Show is from 12:30pm –2:30pm.
Feb 10th	Dinner and a Theatre: Sat, February 10, 5pm – 7pm @ Calhoun Middle High School, hosted by the CMHS Performing Arts Program.
Feb 19th	NO SCHOOL TODAY!

Calhoun County Library

**!! New Books & Movies Available to
Check-Out !!**



Cardio Drumming

**January 16th and 30th @
10:00am, available to the first
12 people that sign up!**



Cardio drumming combines cardio exercise and drumming to the rhythm of the music in an easy but effective workout. It's fun and a great way to get your heart rate up, improve your rhythm, and burn calories. You may choose to sit or stand, whatever you are comfortable with. There are no rules, you don't need to be a drummer, you just need to move and have fun!

Please wear comfortable clothes and shoes, bring a water bottle and sweat towel. If you'd like to sit, a chair will be provided as well as the equipment needed for the class.

There will be a sign up sheet in the dining hall or you may call the center @ 304-354-7017, and sign up.

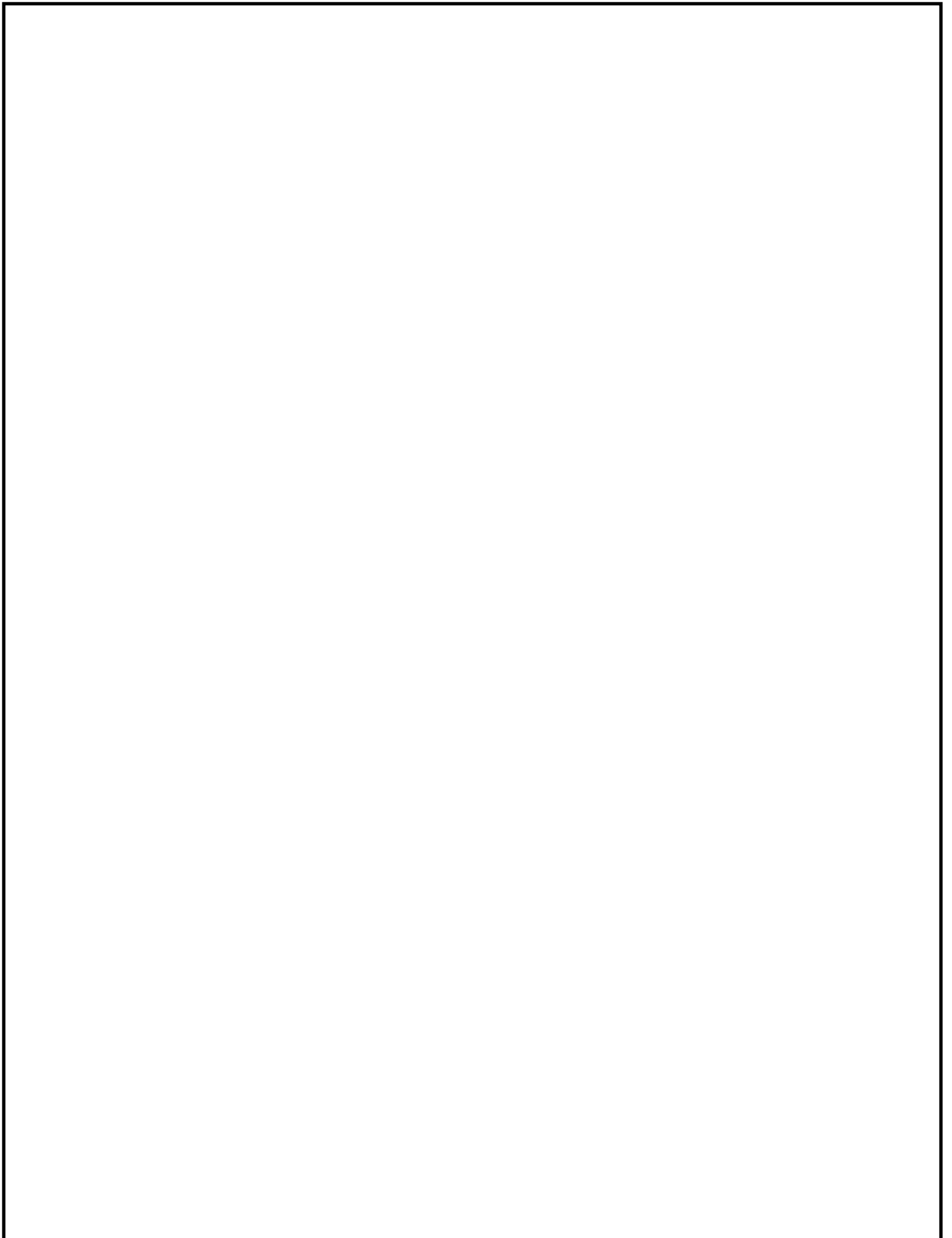


GRANTSVILLE ACTIVITIES

JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 CLOSED- HAPPY NEW YEAR'S!!!	2	3	4 Bible Study 10:00am Game Day 10:45am No Bingo today!	5	6
7	8 Quilting 9am- 10:45am	9	10 Crafts 9:00am- 10:45am	11 Bible Study 10:00am	12 Quarter Bingo 10:45am	13
14	15 CLOSED- Martin Luther King Jr. Day	16 Cardio Drumming 10:00am- 10:30am	17	18 Bible Study 10:00am Game Day 10:45am No Bingo today!	19	20
21	22 Quilting 9am- 10:45am	23	24 Crafts 9:00am- 10:45am	25 Bible Study 10:00am	26 Quarter Bingo 10:45am	27
28	29 Quilting 9am- 10:45am	30 Cardio Drumming 10:00am- 10:30am	31			

EXERCISE AND SENIORS



Information and Assistance

HOW CAN I GET HELP?

There are four programs to assist you with out-of-pocket costs that Medicare does not pay. The programs may pay your monthly Medicare premium and deductibles and coinsurances. You may also be eligible for help with your prescription drug costs.

Part A - Medicare Hospital Insurance
 Part B - Medicare Medical Insurance
 Premium - The amount you pay (\$104.90 in 2013) for your Medical Insurance. The premium is generally deducted from your monthly Social Security check.
 Deductible - The amount you pay (\$1,184 for Part A and \$147 for Part B in 2013) before Medicare pays for services.
 Coinsurance - The percent of the Medicare-approved amount that you have to pay after you pay the Part A or Part B deductible (coinsurance is usually 20% for Part B).
 Part D - Prescription Coverage

PROGRAMS TO HELP YOU MONTHLY INCOME LIMITS PAYS

PROGRAM 1* (ALSO KNOWN AS QMB) <i>* (INCOME AMOUNTS FOR PROGRAMS 1, 2 AND 3 DO NOT INCLUDE A \$20 DISREGARD.)</i>	\$ 958 individual \$1,293 couple	Part A Deductible of \$1,184 Part A Coinsurance Part B Deductible of \$147 Part B Coinsurance Part B Monthly Premium of \$104.90
PROGRAM 2* (ALSO KNOWN AS SLMB)	\$1,150 individual \$1,552 couple	Part B Monthly Premium of \$104.90
PROGRAM 3* (ALSO KNOWN AS QI-1)	\$1,294 individual \$1,746 couple	Part B Monthly Premium of \$104.90
PROGRAM 4 (ALSO KNOWN AS PART D EXTRA HELP)	\$1,436.25 individual \$1,938.75 couple	Up to \$4,750 per year on your Part D prescriptions

For Programs 1, 2, and 3, your assets cannot be more than \$7,080 for an individual or \$10,620 for a couple. For Program 4, your assets cannot be more than \$13,300 for an individual or \$26,580 for a couple. Assets may include: Cash · Bank Accounts (such as savings and checking) · Stocks, Bonds, Annuities & CDs · Trusts · Some Life Insurance Policies · Real & Personal Property (other than home & automobile).

For more information, call the Medicare Helpline toll-free at 1-877-987-4463.

Blackened Chicken Cobb Salad

6 tips for picking healthy food as you get older.

Here are 6 tips to help you find the best food for your body and your budget.

1. Know what a healthy plate looks like

You might remember the food pyramid, but the USDA recently unveiled a simpler way to help people see what they should eat each day. It's called [MyPlate](#). The simple graphic shows exactly how the five food groups should stack up on your plate. These are the building blocks for a healthy diet.

2. Look for important nutrients

Make sure you eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow—bright, colored foods are always the best choice! A healthy meal should include:

- Lean protein (lean meats, seafood, eggs, beans)
- Fruits and vegetables (think orange, red, green, and purple)
- Whole grains (brown rice, whole wheat pasta)
- Low-fat dairy (milk and its alternatives)

Remember to choose foods that are high in fiber and low in sodium or salt. Also, look for Vitamin D, an important mineral as we age.

3. Read the Nutrition Facts label

The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat, and dairy sections. When you do eat packaged foods, be a smart shopper! Read the labels to find items that are lower in fat, added sugars, and sodium.

4. Use recommended servings

To maintain your weight, you must eat the right amount of food for your age and body. The American Heart Association provides recommended daily servings for adults aged 60+.

5. Stay hydrated

Water is an important nutrient too! Don't let yourself get dehydrated—drink small amounts of fluids consistently throughout the day. Tea, coffee, and water are your best choices. Keep fluids with sugar and salt at a minimum unless your doctor has suggested otherwise.

6. Stretch your food budget

Want to get the biggest nutritional bang for your buck? [The Supplemental Nutrition Assistance Program \(SNAP\)](#) can help you afford healthy food when you need it. More than 4 million older Americans use SNAP to buy food, and the average senior receives \$113 each month. Visit [BenefitsCheckUp.org](#) to see if the program can help you.

6 Ways to Eat Well as You Get Older



1

Know what a healthy plate looks like

See how to build a healthy plate at [ChooseMyPlate.gov](https://www.choosemyplate.gov)



2

Look for important nutrients

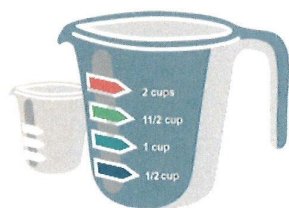
Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.



3

Read nutrition labels

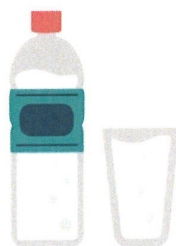
Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.



4

Use recommended servings

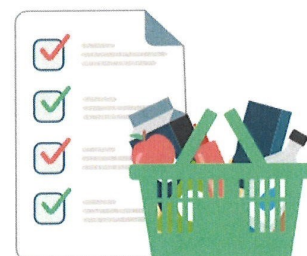
Learn the recommended daily servings for adults aged 60+ at [heart.org](https://www.heart.org)



5

Stay hydrated

Water is an important nutrient too! Drink fluids consistently throughout the day.



6

Stretch your food budget

Get help paying for healthy food at [BenefitsCheckUp.org/getSNAP](https://www.benefitscheckup.org/getSNAP)

SERVICES

- Acute Care
 - Ambulance Services
 - Behavioral Health
 - Cardiopulmonary
 - Clinic Services
 - Dental Services
 - Emergency Room
 - General Surgery
 - Infusion Therapy
 - Insurance Assistance
 - Infusion Therapy
 - Laboratory
 - Long Term Care
 - MAT Program
 - Medical Records
 - Neurology
 - Occupational Therapy
 - Orthopedics
 - Pediatric Cardiology
 - Physical Therapy
 - Radiology
 - School Based Health
 - Social Services
 - Swing Bed
 - Telestroke
 - Wound Care
-

Grantsville Site
186 Hospital Drive
Grantsville WV 26147

Glenville Clinic
921 Mineral Rd, Ste 101
Glenville WV 26351

Arnoldsburg Clinic
80 Spring Run Rd
Arnoldsburg WV 25234



Minnie Hamilton Health System

An Affiliate of **Mon** Health
Vandalia Health

Advanced Wound Care

For difficult-to-heal and non-healing wounds

We are a specialized outpatient wound care treatment center dedicated to the care of patients with wounds.

Wounds that are hard-to-heal and/or non-healing may be a result of pressure, trauma or infection. Sometimes, the simplest of wounds can turn into a significant problem due to underlying conditions such as diabetes, circulation problems or previous radiation treatment.

Our team of experienced wound care specialists will assess your symptoms, determine the underlying cause of your non-healing wound and customize the most effective treatment plan to stimulate healing.



OUR MULTIDISCIPLINARY APPROACH TO WOUND CARE MAY INCLUDE:

Diagnostic testing
(Can include vascular testing, blood tests, x-rays)

Nutritional evaluation

Infection control

Specialized dressings

Pressure-relieving devices

Debridement
(Removal of dead or infected tissue)

Patient education

Services offered every Tuesday as an outpatient

Healing wounds is our specialty

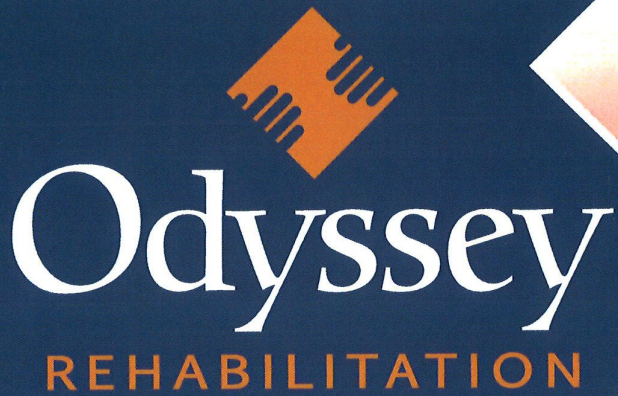
Even the most difficult wounds that have not responded to other treatments may see significant improvement at our center.

We treat all wounds, but specialize in those that are slow or difficult to heal.

Minnie Hamilton Health System

877.295.2273





Odyssey

REHABILITATION



Odyssey Rehabilitation partners with Minnie Hamilton Health Systems to provide Speech and Occupational Therapy Services to the surrounding community.



One of these integral services includes outpatient rehabilitation from birth to adult.

Speech Language Pathologists focus areas for evaluation and treatment purposes have included receptive and expressive language delays, feeding and swallowing deficits, oral motor weakness, articulation delays, auditory processing disorders, pragmatic language delays, dysfluencies such as stuttering and/or cluttering and voice impairments.

Occupational therapy focus areas include fine and gross motor delays, visual motor skills, sensory processing disorders, cognitive abilities, social development, feeding disorders, mastery of self-care routines, and orthopedic injuries.

To inquire further about outpatient-based therapy services, please contact Julie Morgan, Clinical Therapy Manager, directly at **304.354.5981** or email inquiries to **jmorgan@odysseyrehab.com**.

5 exercises for seniors

By Amrita Kaur

A sedentary lifestyle leads to a loss of muscle mass and an increase in fatty tissue. This may cause reduced muscle strength and reduced sensitivity to insulin in the body, which is associated with a higher risk of developing metabolic syndrome.

Incorporating healthy lifestyle habits such as regular exercise is essential to prevent and manage metabolic syndrome. Ms Lim Jiamin (below), a senior physiotherapist at Changi General Hospital, shares five exercises that seniors can do.

1

MARCHING ON THE SPOT

1. Stand an arm's length away from a wall or a sturdy support surface.
2. Raise the left leg to 90 degrees and punch forward with the right hand.
3. Continue with the opposite side. Repeat alternating sides.

Tip: If this is challenging, hold on to a sturdy surface instead of punching forward, and progress gradually.



3

SIDE STEPPING

1. Stand close to a wall or sturdy support surface.
2. Step sideways to the right with your right foot and punch to the ceiling with the left hand.
3. Continue with the opposite side. Repeat alternating sides.

Tip: If this is challenging, hold on to a sturdy surface instead of punching upwards, and progress gradually.



4

WALL PUSH-UP

1. Stand one arm's length away from the wall and place your palms flat on the wall at shoulder height and width apart.
2. Keep your back straight.
3. Bend your elbows and lean your body forward while keeping your heels on the ground.
4. Slowly push yourself back until your arms are straight while keeping your elbows relaxed.

Tip: If this is challenging, stand closer to the wall and progress gradually.

2

SIT TO STAND

1. Sit on a sturdy chair with an armrest and cross your arms across your chest.
2. Ensure that your knees are bent at 90 degrees.
3. Push off to stand up straight.

Tip: If this is challenging, you may push with your hands on the armrest of the chair and progress gradually.



5

WALKING

This is one of the easiest forms of exercise. Aim to walk at least 10,000 steps daily. You may consider jogging or running, or climbing stairs to add variety and challenge. You may also try cycling or swimming, which are easier on the knees.

Ensure regular breathing throughout your exercise. You should stop exercising and consult a medical professional if you experience pain and discomfort. Consult a medical professional for advice if needed.

This article first appeared in The Straits Times on Sep 21.

MOVING FORWARD

This year has taught us gratitude and how to give thanks for things we would generally take for granted. From friends and family to health, there is so much to be thankful for as we enter the year 2023. What's a better way to express thanks than by using our gratitude to guide our New Year's resolutions?

As you map out your 2023 New Year's resolutions, focus on attainable goals that boost your health and overall quality of life. While resolutions will vary from individual to individual, below are seven positive ways to refocus your energy in 2023.

1. Keep a Positive Mindset

Research shows that [maintaining a positive mindset](#) comes with a host of health benefits. According to the findings, positivity has been linked to a lower risk of memory loss, quicker recovery from illness, injury or disability, a lower risk of chronic disease, decreased feelings of loneliness and isolation, and an increased likelihood for seeking preventative care.

Positive thinking doesn't mean wearing rose-colored glasses all the time or ignoring difficult feelings. Rather, it means stressing less about the things you cannot change, focusing on those you can, and, all the while, remembering what is good in life.

If you struggle to maintain a positive outlook with everything going on in the world, incorporate positive thinking exercises into your daily routine. Examples include making a gratitude list, practicing mindful breathing, and treating yourself as you would for a friend.

2. Commit to 10 Minutes of Exercise Daily

[Staying active is not just the key to healthy aging](#), but also, it may be the key to a longer life. Though the research behind the positive effects of exercise on aging is extensive, the findings from a [30-year study](#) effectively sum them up. Per the findings, incorporating an exercise regime of walking, jogging, or cycling in seniors can drastically improve physiological characteristics such as blood pressure, resting heart rate, maximum pumping capacity, and muscle mass. For some people, the improvements are so significant that baseline levels match those from their early 20s.

While you don't have to get up and run a marathon, you should dedicate a portion of your day to fitness. Just 10 minutes of swimming, walking, or yoga can make a huge difference in your health, happiness, and lifespan.

3. Make Better Dietary Choices

As you age, you will need to consume fewer calories but more nutrients. Your health care provider can help you make [better food choices](#), but, ultimately, you should strive to eat at least five servings of fruits and vegetables per day. Choose whole grains over refined ones and lean meats over fatty options. Use healthier fats, such as olive or avocado oil, and cook with natural spices to reduce salt and fat intake.

Continued on page 17

4. Quit Smoking

It's never too late to quit smoking. Regardless of your current age, quitting now can reduce your risk of developing several health problems and improve your overall quality of life. For instance, individuals who quit smoking claim to have more energy, sleep better, and breathe easier.

5. Play With Your Grandkids

Though the reasons behind the phenomenon are multi-faceted, research shows that elderly individuals who spend more [quality time with their grandchildren](#) live longer and have better physical and mental health outcomes than those who do not. For instance, a [2016 study](#) found that half of the grandparents who occasionally participated in their grandchildren's lives were alive five years post-study compared to individuals who had no involvement. [Findings from a 2014 study](#) showed that individuals who watched their grandchildren once a week scored higher on cognitive tests than those who never did.

6. Stimulate Your Mind

Regularly [challenging your brain](#) is one of the best ways to stay mentally sharp as you age. It's also one of the best ways to reduce your risk of memory loss or developing dementia. Simple things such as reading daily, doing crosswords, or joining a book club are great and fun ways to ensure your body's most important muscle receives an adequate workout.

7. Reach Out to Old Friends, and Make New Ones

Studies show that [socially active older adults](#) have better cognition, lower risks of disability and depression, and overall better health. Social media makes it easy to find and reach out to old friends, while elder living communities provide ample opportunity to make new ones.

Be intentional in your goal setting for 2023, if for no other reason than to make up for the time you lost in 2022. Use the aforementioned seven seniors' New Year's resolutions to guide you.

<https://www.caringplaces.com/actionable-and-healthy-resolutions-for-seniors/>

Personal Care Provider Positions

The Calhoun County Committee on Aging (CCCOA) is accepting applications for Personal Care Providers. Personal Care Providers are a valuable asset to our Organization and to our community, providing care in the home for those whom cannot fully care for themselves.

Applicants must have a valid CPR and First Aid card (or be ready and willing to undergo training and certification) and reliable transportation. CCCOA is an equal opportunity employer, and provides free training for the position.

All adults with no physical lifting restrictions, including those age 60 and over, are encouraged to apply. All applicants are subject to a Criminal Investigation Background check by the W.Va. State Police.

Competitive wages, 401K, flexibility in scheduling, insurances, PAID VACTION, PAID SICK LEAVE, BONUS OPPORTUNITIES, and the satisfaction of making a real difference in the lives of Seniors and Veterans are the primary benefits.

JOIN US TODAY! Please call 354-7017 for more information!

CHRISTMAS

Scattergories

DIRECTIONS: CHOOSE A LETTER. START THE TIMER.
THINK OF AN ANSWER TO THE QUESTIONS THAT START WITH THE LETTER.

1. SOMETHING YOU PUT ON THE CHRISTMAS TREE _____
2. THINGS YOU'D SERVE WITH CHRISTMAS DINNER _____
3. A CHRISTMAS MOVIE _____
4. THINGS YOU'D FIND IN SANTA'S SLEIGH _____
5. SOMETHING YOU WEAR DURING THE HOLIDAYS _____
6. A CHRISTMAS SONG _____
7. SOMETHING YOU WANT FOR CHRISTMAS _____
8. SOMETHING YOU'D RE-GIFT _____
9. THE BEST THING ABOUT CHRISTMAS _____
10. A CHRISTMAS TRADITION _____
11. SOMETHING RED _____
12. A CHRISTMASSY PLACE _____
13. THE WORST THINGS ABOUT CHRISTMAS _____
14. A STOCKING FILLER _____



Christmas

Word Scramble

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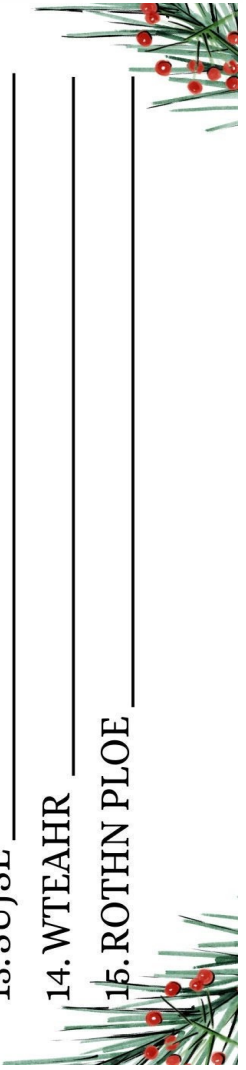
Set the timer!

You have 3 minutes to unscramble the words below.

Whoever gets the most correct wins!

.....

1. SSPEENTR _____
2. LSLEB _____
3. DSLNCAE _____
4. CNDAY NEAC _____
5. SCAMTHRIS REET _____
6. GGGOEN _____
7. ESVLE _____
8. NAAST _____
9. KCNGTOIS _____
10. RYRME _____
11. DRLPOUH _____
12. FYRTSO _____
13. SUJSE _____
14. WTEAHR _____
15. ROTHN PLOE _____



CHRISTMAS WORD SEARCH

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









- | | | |
|-----------|-------------|----------|
| Christmas | Presents | Reindeer |
| Santa | Snowflakes | Toys |
| Holiday | Gingerbread | Ribbon |
| Tree | Merry | |
| Ornaments | Candycane | |

Calhoun County Committee on Aging, Inc.

January 2024



Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED 	2 Creamed tomatoes Sausage patty Potatoes Fruit Ww biscuit	3 Chili w/ Meat & Beans Ww Cornbread Fruit	4 Fish Coleslaw Peas Ww Bread Juice	5 Beef Vegetable Soup Cheese Stick Banana Pudding Ww Crackers
8 Pinto Beans w/ ham Kraut Potatoes Ww Cornbread Fruit	9 Baked Steak Mashed Potatoes Gravy Green Beans Ww Roll Juice	10 Ww Pizza Corn Jell-O w/Fruit	11 Broccoli Soup Cheese Salad Sandwich Fruit Ww Crackers	12 Meat sauce Spaghetti Vegetables Fruit Ww Hot Roll
15 Center Closed for Martin Luther King Jr. Day 	16 Chicken Sandwich w/ Onion/Mayo Ranch Potatoes Fruit Ww Bun	17 Meatloaf Au Gratin Potatoes Peas Fruit Ww Roll	18 Porkchop Mushroom gravy Potatoes Beets fruit Ww bread	19 Beef Macaroni Brussel Sprout Fruit Ww roll
22 Chicken Strips Mac & Cheese Broccoli Fruit Ww Bread	23 Tomato sauce and onion Sloppy Joes Potatoes Pudding fruit Ww roll	24 Potato Soup Ham Salad Fruit Ww crackers	25 Rib Sandwich Onions Pasta vegetable salad Potatoes Ww Bun Fruit	26 Calico beans Greens Ww cornbread Applesauce
29 Fish Green Beans Ww roll Fruit Potatoes	30 Hamburger w/ Mayo, mustard, onion WW Bun Potatoes Fruit	31 Lasagna Broccoli Fruit Ww roll	 2% Milk And Margarine Served Daily  	 Menu Subject To Change Without Notice

Executive Director: Rick Poling

Board of Directors

Roger Jarvis— President

Pamela Gainer— Vice-President

Dottie Rader— Secretary

Launa Butler

Dorothy McCauley

Martha Haymaker

Patti Hicks

Roberta Wilson

Janet Gherke

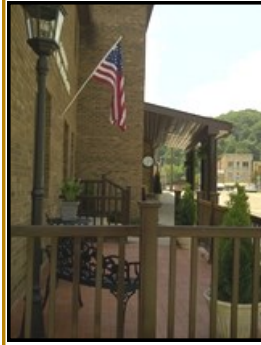


The CCCOA Board of Directors meet the fourth Monday of each month at CCCOA.

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

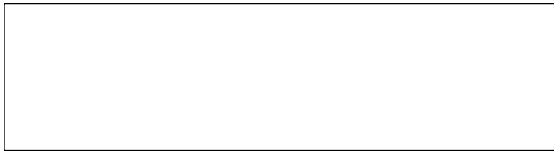
Minnora, WV 25261

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

