

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 Group of Frogs

As a group of frogs was traveling through the woods, two of them fell into a deep pit. When the other frogs crowded around the pit and saw how deep it was, they told the two frogs that there was no hope left for them.

However, the two frogs decided to ignore what the others were saying, and they proceeded to try and jump out of the pit.

Despite their efforts, the group of frogs at the top of the pit were still saying that they should just give up. That they would never make it out.

Eventually, one of the frogs took heed to what the others were saying, and he gave up, falling down to his death. The other frog continued to jump as hard as he could. Again, the crowd of frogs yelled at him to stop the pain and just die.

He jumped even harder and finally made it out. When he got out, the other frogs said, "Did you not hear us?"

The frog explained to them that he was deaf. He thought they were encouraging him the entire time.

Moral of the story:

People's words can have a big effect on other's lives. Think about what you say before it comes out of your mouth. It might just be the difference between life and death.

<https://wealthygorilla.com/10-most-inspirational-short-stories/>

March

Birthday Club

Martha Harris 4th
Donald Pitts 6th
Kenneth Arnold 7th
Debbie Hammons 8th
Paul Messersmith 8th
Billy Burch 9th
Mila Arnold 13th
Gary Dye 14th
Naomi Toler 14th
Margaret Collins 18th
Dorothy Lynch 18th
Donna Rupert 18th
Geraldine Lamont 19th
Sharon Knotts 21st
Robert Yeager 21st
Robert Bonar 25th
William Barr 28th
Karen Boothe 29th

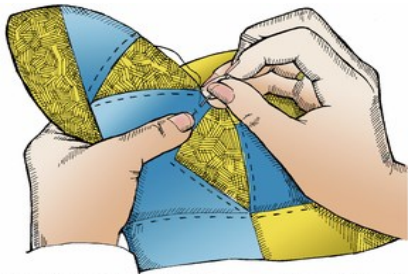
Employees

Karen Hollinger 9th
Linda Peggs 10th
Marty Park 17th
Samantha Poling 17th
Jessica Bell 26th

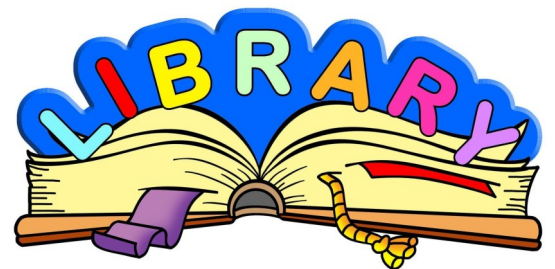


ACTIVITIES

There is something for everyone. Quilting every Tuesday, Bible Study every Thursday @ 10:00am. Bingo, Crafts, Fitness Room, Board Games, Cards, Puzzle Table, Darts, Cornhole, Billiards, Wii Games, Library and more offered daily. Most importantly.... FELLOWSHIP!



QUILTING GROUP



Local Events

KEEP YOUR EYES OPEN... DETAILS TO COME ABOUT THE CCCOA'S 50TH ANNIVERSARY CELEBRATION!

- Mar. 4th CPR/First Aid/AED Course, March 4th 9am-1pm, Call today to sign up!
304-354-6151 Ex:106
- Mar. 4th Bootstraps Project will be meeting on March 4 (most likely in the library).
- Mar. 7th Cookbook Club @ the Calhoun Library... call 304-354-6301 to join.
- Mar. 14th MOVHD will be providing Hepatitis A & B shots in the Grantsville, CCCOA from
10:00a.m.- 11:00 am
- Mar. 16th Craft Night @ the Calhoun Library... call 304-354-6301 to register.
- Mar. 17th Food Giveaway, @ the Old City Pool site, from 10:00am—12:30pm, while
supplies last.
- Mar. 18th Dinner/Auction/ Benefit for Lori Parsons, dinner 4pm—6:00pm, Auction 6:00pm @
Brooksville Baptist Family Life Center
- Mar. 25th Grantsville Conservatory of Fine Arts & Music will be having a Bingo, Doors open @
5:00pm and games begin @ 6:00pm, @ The Arnoldsburg Community Building.
- Apr. 1st Make Calhoun Shine Day! 10:00am—2:00pm, meet at Mom's Place @9:30am, trash
pick up is from 10:00am—2:00pm in Grantville
- Apr. 14th-15th Spring Fling at the Calhoun Community Center, (Old High School).
- May 17th *BLOOD DRIVE* 1:00 PM - 06:00 PM, Arnoldsburg Clinic, 80 Spring Run Road
Arnoldsburg WV

Announcements

- **Circle S Farms**—now Located across from Dollar General in what used to be Bodies. Starting February the 17th we will be moving into a permanent Farmers Market at 338 Main Street Grantsville. We will also be offering some Amish food. We will be opening 4 days a week, and look forward to seeing everyone.
- FREE TAX PREP— Call CRI and speak with Janet @ 354-9265
- !! New Dial-A-Story Selections !!

We just put our newest Dial-A-Story recordings up today! Dial 1-866-985-1223 to listen to our stories.
It's Free

If you would like to volunteer to record (audio, no video) stories for us to use with this program please stop by the library anytime we are open and we will get you set up.

We would also greatly appreciate any feedback regarding this program. What selections do you listen to? Have you been satisfied with our selections and recordings? If you've never used Dial-A-Story what would entice you to call?

- Minnie Hamilton Health System-We are hiring! Join our team! For more information click here:
<https://www.paycomonline.net/v4/ats/web.php/jobs>

Soapbox

So, here I am with the continuation of last month's story. Now I can tell you how the dropped off or lost cat that got stuffed in a carrier, went for a ride to the vets, got put to sleep, got its side shaved and was ready to be spayed got its name. The cat we all thought was a female, as it turns out, was just a goofy acting neutered male. By the way, he is still goofy. So now we need a name. Who knew that it would be Maricia's husband, Andy, who came up with the perfect name.

When Maricia finished telling Andy the ridiculous, but true, story he thought it odd that nobody knew the name. Since the cat is goofy, pushy, wants in the house, (no way) wants fed, and is just plain annoying – his name is FRANK. Andy said, "Frank is back." Perfect. So, Frank it is.

Oh, but the story isn't anywhere near done. As I was coming out of the chicken coop, after feeding my one lone pigeon, I saw something move out of the corner of my eye. It was off to my right, and it was sort of pale orangey- like a caramel color. Oh, no, not another cat.

So, I walked over to see what it was. Not a cat. It's a smallish, young rabbit!! Just what I need! But I named him Harvey. Nope, he is not invisible as other people have seen him. At least I hope it's a him as I do not need baby rabbits. But with my luck it's a Harvette.

SIGH I bought some celery and carrots and a few apples. He comes right to me when I call "wascally wabbit." I can't pick him up. He hops all over the yard and eats whatever he finds under the bird feeder and the grass that is still green. The two cats seemed to leave him alone. I was sure he'd end up as lunch or breakfast. So far, so good.

So, there you go. My life is never dull. I can hardly wait to see what turns up next.

'til next month,

~Judy~

Happy St. Patrick's Day to all!

HAPPY ST. PATRICK'S DAY





St. Patrick's Day



Join us for a St. Patrick's Day Celebration

Friday, March 17th

@ the Grantsville CCCOA

Beginning at 10:30 am

Lunch Served @ 11:30

Live Music from 12:00 pm to 1:00pm

Please call 304-354-7017 to RSVP

BEST ST. PATRICK'S DAY ATTIRE JUDGING!

GAMES, LUNCH & LIVE MUSIC BY

"THE JOHNNY STAATS PROJECT"



MAY 25th

7am-10am

Location: CCCOA

105 Market Street

Grantsville, WV 26147

**In the
DININGHALL!**

Community

HEALTH



FAIR

This is a community event, designed to encourage healthy lifestyles, prevent and manage disease and connect you to resources.



Minnie Hamilton Health System will be providing blood work at a very low cost. Vendors will be giving out information on Cholesterol, Diabetes, Blood Pressure, Weight and BMI, Hearing and Vision, Behavioral Health, Dental and much more.

CCCOA

105 Market Street

P.O. Box 619

Grantsville, WV 26147

Phone: 304-354-7017

Fax: 304-354-6859

Email:

rpoling@cccoa-wv.org

spoling@cccoa-wv.org

The Community Health Fair is Sponsored by:

Calhoun County Committee on Aging

In collaboration with the following:

Minnie Hamilton Health System

The WV Bureau of Senior Services (BOSS)

MHHS Lab Work Prices:

Comprehensive Metabolic Panel	\$10.00
CBC (Complete Blood Count)	\$7.00
Lipid Panel	\$12.00
TSH (Thyroid Testing)	\$15.00
Hgb-A1c	\$10.00
<u>Complete Lab Testing for Women</u>	<u>\$54.00</u>
PSA (Prostate)	\$15.00
<u>Complete Lab Testing for Men</u>	<u>\$69.00</u>

Make Checks Payable to MHHS

COMPREHENSIVE METABOLIC PANEL (CMP)

Evaluates organ function and checks for conditions such as diabetes, liver disease and kidney disease.

Checks blood sugar (glucose) levels. Proteins, albumin and total protein.

Electrolytes, sodium potassium, CO2 and chloride.

Kidney, BUN and creatinine

Liver, ALP, ALT, AST, and Bilirubin

CBC– Complete blood count. This test is used to determine general health status and screens for a variety of disorders, such as anemia and infection.

Lipid Panel– Cholesterol, HDL, LDL, Triglycerides.

Lipid profile is a group of tests used to determine risk of coronary heart disease.

HDL– good cholesterol

LDL– bad cholesterol

Triglycerides– are the most common type of fat in your body.

TSH– Thyroid

To screen for and help diagnose thyroid disorders; to monitor the treatment of...

Hypothyroidism– under active thyroid

Hyperthyroidism– overactive thyroid

A1c– Measures the amount of glucose chemically attached to your red blood cells. It tells your average glucose for the last 6 to 8 weeks. Test should be used when first diagnosed with diabetes and then 2 to 4 times per year.

PSA– Screens men for prostate cancer, can be used to determine the necessity for a biopsy of the prostate, to monitor the effectiveness of treatment for prostate cancer and detect reoccurrence of the cancer.



RADIOLOGY SERVICES

GRANTSVILLE SITE

- Mammogram
- Bone Density Testing
- Ultrasound
- X-Ray
- CT Scan

GLENVILLE SITE

- X-Ray

COPLIN SITE

- X-Ray

If you have an order from your provider, you can walk in for a regular x-ray. All other exams require an appointment. If you have any questions regarding services or scheduling, please contact the Radiology Department at 304-354-9736.



FEEL OVERWHELMED?
 CALL / TEXT **8 7 7 - H E L P 3 0 4**
 CHAT **HELP304.COM**
 WV'S EMOTIONAL STRENGTHLINE 

988 SUICIDE & CRISIS LIFELINE

On 7/16/22 the U.S. begins using the 988-dialing code to access the National Suicide Prevention Lifeline

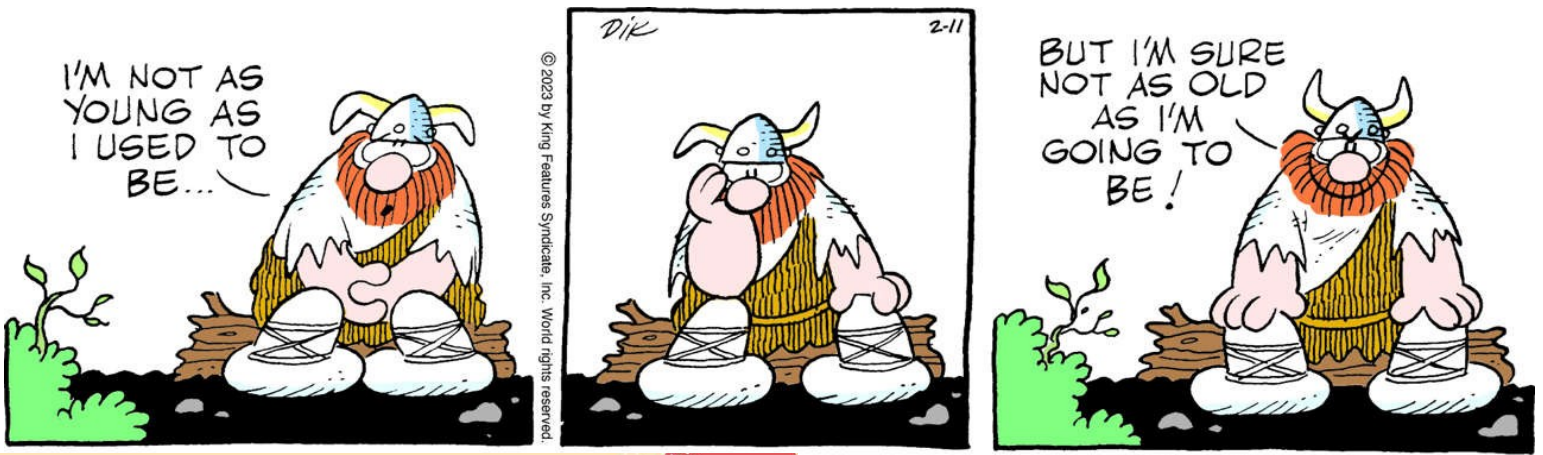
community

resources
 inc.

The Calhoun County CRI office is located at 258 Court Street in Grantsville. Janet Gherke is the Community Service Specialist, and can be reached by phone at 304-354-9265.

1-844-HELP4WV

Call the 24-hour Behavioral Health Referral & Outreach Call Center for confidential help for yourself or a loved one. Click [here](#) to learn more.



VOLUNTEERS URGENTLY NEEDED
 CALHOUN COUNTY MOUNTAINEER FOOD BANK MOBILE DATES 2023
3/17, 5/19, 7/21, 9/14, 11/17



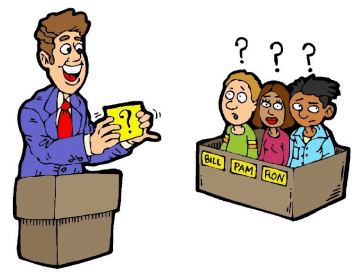
Without 15 volunteers per event these mobiles will be cancelled, in 2022 alone 1,200 Calhoun families were served!

JOIN US NOW CALL TINA AT FRN (304) 354-7177 OR EMAIL CALHOUNFRN@GMAIL.COM

The sun may not always shine in WV, but the people always do- JFK

Calhoun Library

Trivia Night
 March 23rd, @ 6pm
 Refreshments Served
 Call to register
 304-354-6300



Any Days a Picnic Chicken Salad

Onion and pickle relish spice up a traditional chicken salad.

Ingredients

- 2 1/2 cups chicken breast (cooked, diced)
- 1/2 cup celery (chopped)
- 1/4 cup onion (chopped)
- 3 packages pickle relish (2/3 tablespoon)
- 1/2 cup mayonnaise (light)

Directions

1. Wash hands with soap and water.
2. Combine all ingredients.
3. Refrigerate until ready to serve.
4. Use within 1-2 days. Chicken salad does not freeze well.

How to use:

- Make chicken salad sandwiches.
- Make a pasta salad by mixing with 2 cups cooked pasta.
- Kids will love this salad served in a tomato or a cucumber boat.



Nutrition Tips for Ages 60+

Eating habits change throughout the life span. Learn how the foods and drinks you choose each day help you meet daily nutrient needs, maintain a healthy body weight, and reduce the risk of chronic disease.

Eat seafood, dairy or fortified soy alternatives, beans, peas, and lentils to help maintain muscle mass.

Add fruits and vegetables to your meals and snacks. If slicing and chopping is a challenge, choose frozen, canned, or ready-to-eat options.

Turn eating into a social event. Meals are more enjoyable when you eat with others. Invite friends to join you or take part in a potluck at least twice a week. Some community centers and places of worship offer meals that are shared with others. There are many ways to make mealtimes pleasing.

The body's ability to absorb vitamin B12 can decrease with age. Taking certain medicines can also lower absorption. Eating enough protein and fortified foods can help the body get the vitamin B12 it needs. Speak with your healthcare provider to learn if you should take supplements and what is right for you.

If you use or are thinking about taking dietary supplements, talk about this with your healthcare provider to learn what is right for you. This includes nutrition supplement drinks, which can have added sugars. The My Dietary Supplement and Medicine Record can help you track your supplement and medicine use.

People at Risk: Older Adults

Adults aged 65 and older are more likely to be hospitalized or die from foodborne illness. This increased risk of foodborne illness is because organs and body systems go through changes as people age:

The body's immune response to disease grows weaker.

The gastrointestinal tract holds onto food for a longer period of time, allowing bacteria to grow.

The liver and kidneys may not properly rid the body of foreign bacteria and toxins.

The stomach may not produce enough acid. The acidity helps to reduce the number of bacteria in our intestinal tract.

Underlying chronic conditions, such as diabetes and cancer, may also increase a person's risk of foodborne illness.

Choose Safer Food

Learn about safer food choices for older adults who have a higher risk of getting very sick from foodborne germs, such as Listeria.

If you are 65 or older, or prepare food for someone who is, always follow the four steps:

Clean: Wash hands, utensils and surfaces often. Germs can spread and survive in many places.

Separate: Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods, so keep them separate.

Cook: Food is safely cooked only when the internal temperature is high enough to kill germs that can make you sick.

Chill: Refrigerate perishable food within 2 hours. If the food is exposed to temperatures above 90°F (like a hot car or picnic), refrigerate it within 1 hour.

Baby Boomers

AND FOOD SAFETY



About 1 in 6 Americans will get food poisoning each year. Older adults are at an increased risk of serious complications from foodborne illness. A few simple steps can help keep the golden years pleasant for you or older adults you help care for.

What May Make You Sick?

Here's a look at some of the most common food pathogens that affect older adults and where they're found:

E. COLI O157:H7



Undercooked ground beef, unpasteurized milk and juices, contaminated raw fruits and vegetables, and water



Person-to-person contact

CAMPYLOBACTER



Unpasteurized (raw) milk



Raw or undercooked meat, poultry or shellfish



Untreated or contaminated water

SALMONELLA



Raw or undercooked eggs, poultry or meat



Unpasteurized (raw) milk or juice



Cheese and seafood



Fresh fruits and vegetables

Why Are You at Risk?

Older adults are at elevated risk for hospitalization and death from foodborne infections. Why?



Medication side effects (like a weakened immune system)



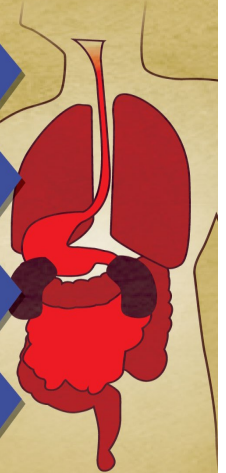
Changes in functioning of organs like liver and kidneys



Underlying chronic conditions (such as diabetes or kidney disease)



Age-related changes to GI tract



Product Dating

Dates printed on food labels indicate when items will no longer be at peak quality. Dates are not for safety. Here's what each one means:



SELL BY:
03/12/15
11:32 21 - 0141

"SELL BY" DATE:
Buy the product before this date. It is safe to eat after this date.



USE BY:
04/17/15
11:32 21 - 0141

BEST IF USED BY/USE-BY:
This is the last date recommended for best flavor or quality.

To learn more visit www.fsis.usda.gov and search "product dating."

When in doubt, throw it out.



Perishable food that has been held at unsafe temperatures can cause illness, regardless of the package date.

Foods to Avoid



SOFT CHEESES made from unpasteurized milk (feta, brie, Camembert, blue-veined and queso fresco)



RAW OR UNDERCOOKED MEAT, POULTRY, EGGS OR SEAFOOD



UNPASTEURIZED (raw) MILK



RAW SPROUTS



UNWASHED FRESH VEGETABLES



HOT DOGS, DELI MEATS AND LUNCHEON MEATS that have not been heated to steaming hot



PATES – unpasteurized/refrigerated pates

Safety Tips

The pathogens that cause foodborne illness can't be smelled or tasted. Proper food handling of the food you bring home is your best defense against food poisoning. *With all foods, follow these tips:*



CLEAN:
Clean surfaces, utensils and hands with soap and warm water.



SEPARATE:
Separate raw meat, poultry and seafood from ready-to-eat foods in your grocery-shopping cart, refrigerator, and during meal prep.



COOK:
Cooked food is safe only after it's been heated to a high enough temperature to kill harmful bacteria. Use a food thermometer.



CHILL:
Chill raw and prepared foods promptly if not consuming after cooking.



For more food safety tips, go to
FoodSafety.gov

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

ADDITIONAL SOURCE

<http://www.cdc.gov/features/dsfoodborneestimates/>

Physical Activity is Essential to Healthy Aging

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do.

Adults aged 65 and older need:

At least 150 minutes a week (for example, 30 minutes a day, 5 days a week) of moderate intensity activity such as brisk walking. Or they need 75 minutes a week of vigorous-intensity activity such as hiking, jogging, or running.

At least 2 days a week of activities that strengthen muscles.

Activities to improve balance such as standing on one foot about 3 days a week.

If chronic conditions affect your ability to meet these recommendations, be as physically active as your abilities and conditions allow.

Making Physical Activity a Part of an Older Adult's Life

Don't worry if you're thinking, "How can I meet the recommended physical activity levels each week?" You'll be surprised by the variety of activities you have to choose from.

Move More and Sit Less

Older adults should move more and sit less throughout the day. Keep in mind, some physical activity is better than none. Older adults who sit less and do any amount of moderate-to-vigorous intensity physical activity gain some health benefits. Your health benefits will also increase with the more physical activity that you do.

LUCAS will have a lung cancer screening event at Glenville Presbyterian Church-Fri, Apr 7, 2023

Located @ 1172 Wv Highway 5 W Glenville, WV

Contact: Marissa Fox at 304-266-7029 to make an appointment.

The WVU Cancer Institute offers lung cancer screening to detect cancer at its earliest stages before symptoms develop. Using a low-dose CT scan of the chest, lung cancer screening can reduce the mortality rate for some eligible, high-risk individuals.

With lung cancer screening, patients can lengthen and improve their quality of life. The WVU Cancer Institute provides evaluation, counseling, and screening for eligible current and former smokers. Tobacco cessation services are also available.

You're eligible for lung cancer screening if you meet all of the following criteria:

You're between the ages of 50-80

You have a >20 pack/year smoking history

You're a current smoker or have quit smoking in the past 15 years

You have no symptoms of lung cancer

The WVU Cancer Institute is accredited by the American College of Radiology as a designated Lung Cancer Screening Center.





Spring



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

• APRIL

• BREEZE

• JACKET

• MAY

• RAINBOW

• SHOWERS

• THAW

• BASEBALL

• CLEANING

• KITE

• PICNIC

• RAINCOAT

• SPRING

• UMBRELLA

• BREAK

• CLOUDS

• MARCH

• PUDDLES

• SEASON

• SUNSHINE

• WINDY



ST. PATRICK'S DAY CROSSWORD PUZZLE



Across

4. capital of Ireland
5. a type of Irish dance
7. if you do not wear green on March 17 this will happen
9. the day St. Patrick's Day falls on
11. the national emblem of Ireland
12. yellow and blue make _____
13. from Ireland

Down

1. the 3rd month of the year
2. good fortune
3. nonsense or misleading talk
6. called the Emerald Isle
7. a starchy vegetable
8. a sprite
10. 4 leaf _____

West Fork Site



Birthday Celebration-Opal Horsley

Birthday Celebration-Burton Murphy



Alice Cottrell bestowing all her friends at the West Fork site with gifts for Valentine's Day!

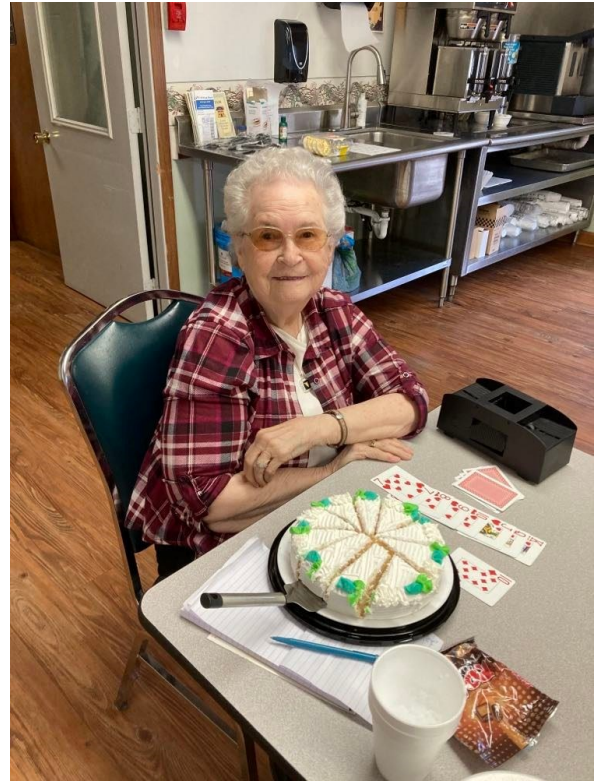


Grantsville Site



Sweethearts

Virginia Simmons and Robert Yeager



Happy Birthday Joan Ward



Ben Rafferty



Brian Lamont



John Myers



Sandra Funk



Grantsville Craft Class



be
CREATIVE



IT'S THE
little
things
IN
LIFE


Express Yourself



Calhoun County Committee on Aging, Inc.

March 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Subject To Change Without Notice</p>	 <p><i>St. Patrick's Day</i></p>	<p>1 Cream tomatoes Fried apples Potatoes Ww biscuit</p>	<p>2 Pork chops Mushroom gravy Carrots Mashed potatoes Fruit Ww bread</p>	<p>3 Beef ww macaroni w/ tomato sauce Coleslaw Brussel sprouts Cornbread juice</p>
<p>6 Northern Beans with Ham Onion Spinach Applesauce Ww Cornbread</p>	<p>7 Chicken Tenders Macaroni & Cheese Kale Juice Whole Wheat Bread</p>	<p>8 Meatloaf with ketchup Peas and carrots Mashed potatoes Juice Ww roll</p> <p>CRAFT DAY!</p>	<p>9 Italian Sausage Kraut Potatoes Mixed Greens Ww Cornbread Fruit</p>	<p>10 Fish Potatoes Ww bun Corn Slaw</p>
<p>13 Stuffed pepper with tomato sauce Mashed Potatoes Green beans Juice Whole Wheat Roll</p>	<p>14 Cream chicken Biscuit Mashed Potatoes Peas and Carrots Fruit</p>	<p>15 Hot Dog w/ tomato Sauce Baked Beans Fruit Whole Wheat Bun Onions</p>	<p>16 Baked steak Mashed Potatoes gravy Peas Ww Roll Fruit</p>	<p>17 Hamburger Lettuce/Onion Mayo Tater Tots Jell-o w/fruit Whole Wheat Bun</p>
<p>20 Chicken Patty w/ Mayo Rice casserole beets Broccoli Pudding Whole Wheat Bun</p>	<p>21 Chili w/ Meat & Beans fruit Salad Ww Crackers Brownie</p>	<p>22 Salisbury Steak Mashed Potatoes Green Beans Roll Fruit</p> <p>CRAFT DAY!</p>	<p>23 Fish Sandwich w/ bun Peas & Carrots Fruit</p>	<p>24 Pork BBQ Brussel Sprouts Fruit Ww bun carrots</p>
<p>27 Pinto Beans w/ham Kraut Apples Cornbread Onions</p>	<p>28 Spaghetti & Meat/ tomato Sauce Onion and peppers Vegetables Fruit Ww Roll</p>	<p>29 Cook's Choice</p> <p>CRAFT DAY!</p>	<p>30 Steam Vegetables Chicken and Pasta Onions Fruit</p>	<p>31 Cook's Choice</p>

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

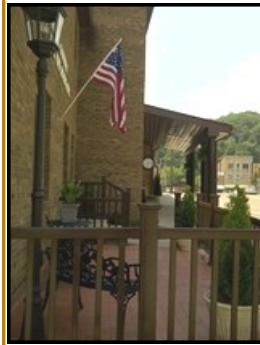


The CCCOA Board of Directors meet the fourth Monday of each month at CCCOA.

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



Temporary: West Fork Site

Upper West Fork Park

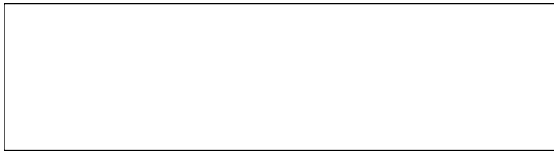
88 Red Roof Ln, Chloe, WV 25235

Hours: 9:00am - 2:00pm

Monday, Tuesday, Thursday

Phone: 304.655.9906

Mailing: Post Office Box 619
Grantsville, WV 26147



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