

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

May 2025
Issue 209

May

Birthday Club

Velma Barnes 3rd

Walter Cain 4th

Donna Starcher 5th

Pete Walburn 5th

Carol Pritt 7th

Lola Clark 9th

Dennis Dickson 9th

Marcus Jones 9th

Colleen McKown 10th

Helen Rogers 10th

Karen Badgett 11th

Benjamin Settle 13th

Lewis Rader 18th

Earl Stanford 24th

Clark Wilson 25th

Judy Morton 27th

Tex Murphy 30th

Employees

Brenda Morgan 6th

Dottie Rader 11th

Nida Nickie 23rd

Even in the
worst times,
God is good.

It's true that our minds often cling to negativity, making it easy to remember hurtful words or experiences. However, God calls us to focus on the positive the good, the true, and the lovely. Philippians 4:8 encourages us to think about such things, reminding us that our thoughts shape our reality. When you encounter negativity, remember to replace those thoughts with God's truth and promises. Let His words of love and hope fill your heart, and watch as your perspective transforms. Choose to remember the positive and embrace the life that God has designed for you.

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: April 2nd, 16th & 30th beginning @ 10:45am

Local Events

Apr. 26th	Prom-6:00 – 10:00pm
Apr. 25th-27th	WVAA Stars and Coffee Star Party @ the Calhoun Co. Park
Apr. 28th	Calhoun County Commission Meeting-6:00 – 8:00pm
May 2nd	Mix and Match BINGO 6:00 – 9:00pm Support the nursing students!
May 3rd	TOWN/COUNTY WIDE YARD SALE– May 1st–May 3rd
May 6th	Talking Books Presentation at the CCCOA in Grantsville from 10am-10:45am
May 8th	Moss Art Workshop brought to you by the Wellness Garden– 6:30pm-7:30pm
May 22nd	CCCOA SPRING HEALTH FAIR– 7am–10am
May 23rd	Graduation!!! 7:00 – 8:30pm CCMHS
June 5th-7th	Wood Festival!!!

ANNOUNCEMENTS:

- **1st & 3rd Saturday of the month– Lions Club Bingo @ the Lions Club beginning @ 6pm**
- **New Pet Store Now Open in Arnoldsburg! Come check out the newest pet store in town! They are open Tuesday through Saturday from 11 AM to 5 PM, located at 856 Arnoldsburg Rd, right next to the bank and Par Mar. They've got everything you need for your furry friends—stop by today!**
- **Cain's Veterinary Clinic in Spencer has sold and the new owners will be opening soon.**
- **Cain's Veterinary Clinic in Big Bend is still open and Dr. Cain's hours of operation are:**

Monday	12:00AM - 2:00PM
Tuesday	4:00PM - 6:00PM
Wednesday	5:00PM - 6:00PM
Thursday	CLOSED
Friday	9:00AM - 11:00AM
Saturday	9:00AM - 10:00AM
Sunday	CLOSED

WVAA Stars and Coffee Star Party
Calhoun County Park
April 25-27, 2025

A. Friday (April 25, 2025)

1. Event arrival, setup, and start.
 - a. 1pm - 3pm - WVAA Members begin arriving
 - b. 3pm - 5pm - Setup begins between (tables, refreshments, merch, telescopes, etc)
 - c. 5pm - 6pm - Member dinner
 - d. 6pm - Begin welcoming visitors (or as they arrive).
 - e. 7pm - 8pm - Event start/introductions & WVAA info for visitors. Saturday events info.
2. Workshop Session Activities (evening)
 - a. Nightscapes w/ Jonathan Eggleston (around-the-park @ dusk 8:00pm)
3. Astronomy one on one talks. One on one Astrophotography Imaging assistance for quest @ Sun Down (All-night)

B. Saturday (April 26, 2025)

1. Morning Workshops
 - a. 9am - 10am - Introduction to Astrophotography with smart scopes (Barn).
 - b. 10:00am - 11:00am - Processing Basics (Barn)
2. 11:30am - 1:00pm - Lunch & Hot Dog Fundraiser for Guests (Field)
3. Afternoon Workshops
 - a. 1:00pm - 2:00pm - Nightscape Processing w/ Jonathan Eggleston (Barn))
 - b. 2:00pm - 4:00pm -pix insight OSC Process (Barn)
4. 5:00pm - 6:30pm - Member Dinner (Field)
5. 7:00pm - 8:00pm - Event start/introductions & WVAA info for visitors. (Field)
6. Evening Workshops
 - a. 8pm - 9pm - Intro to Seestar w/ Dave Roberts (S30/Dwarf) (Field)
 - b. 9:00pm - ? - Intro to Planetary w/ Linda Stalnaker (Field) (observation astronomy)
7. Astronomy one on one talks. One on one Astrophotography Imaging assistance for quest @ Sun Down (All-night)

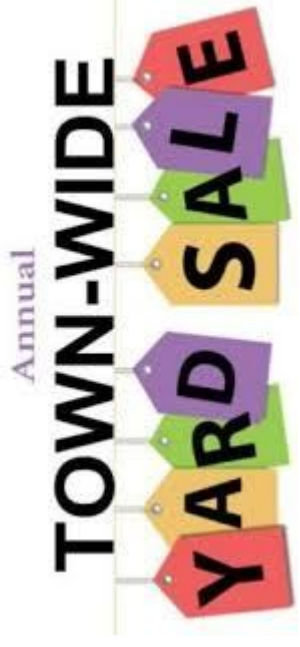
*Coffee - Keurig and "Fancy" (Fancy requires donation), All day/night.

*Hot chocolate, snacks & other refreshments available.

*WVAA merch for sale

*WVAA info and membership signup

*Hang w/ an astrophotographer during imaging.



Marie King	May 3rd	3468 S. Calhoun Hwy (Rt. 16 South- Phillips Run)	Multi-family Household Items and food	8am-5pm
Erin Springston	May 3rd	155 River St. Grantsville, WV 26147	Household Items	8am-4pm
Melissa Brown Dorothy	May 1st-3rd	309 River Rd. Grantsville, WV 26147	Household Items	8am-5pm
McCauley	May 2nd-3rd	807 Lower Pine St. Grantsville (Southside)	Multi-Family	8am-5pm
Kim Batten	May 3rd	Old Garland's Grocery- Main Str.Grantsville	Multi-family Household Items	8am-5pm
Karen Law	May 2nd -3rd	403 Calhoun St. Grantsville(Southside)	Household Items	9am-5pm
Kelly O'Hara	May 3rd	217 Mill St. Grantsville	Multi-Family	8am-4pm
Sharlene Heiney	May 3rd	Parking Lot in front of Tudor's & Gino's	Multi-Family	8am-5pm
Samantha Poling	May 2nd & 3rd	3221 S. Calhoun Hwy (Rt. 16 South-Phillips Run)	Multi- Family	8am-5pm
Donna Smith	May 2nd, 3rd	145 River St. Grantsville	Household Items	8am-5pm
Cassie Casner 1982 Tiki Truck and Work Day!	May 2nd -3rd May 3rd	3263 S. Calhoun Hwy (Rt. 16 South-Phillips Run) Community Center- Old High School	Multi-Family Food Truck and Work Day	8am-5pm 11:30am- 3:30pm
Kathy Wood	May 2nd -3rd	308 Town Hill Road(Rt. 16 North-top of town hill)	Multi-Family	8am-5pm
Dolly Hickman	May 3rd	311 River Rd. Grantsville	Multi-Family	8am-4pm
Loretta Propst	May 2nd & 3rd	2052 S. Calhoun Hwy (Rt. 16 South- Across from Victory Baptist Church	Single Family	8am-4pm
Dianne Dye	May 3rd & 4th	238 Mill Street, Grantsville	Multi-Family	8am-4pm

Best Low-impact Exercises for Seniors

Some of the best low-impact exercises for seniors include walking, swimming, yoga, and resistance band workouts, which help maintain mobility, strength, and overall health without stressing the joints.

Why Choose Low-Impact Exercises?

Low-impact exercises are ideal for seniors because they reduce strain on joints while promoting health and fitness. They help improve flexibility, strength, and balance, which are crucial for preventing falls and maintaining independence as we age. Engaging in regular low-impact activities can also enhance mental well-being, boost energy levels, and improve cardiovascular health.

Top Low-Impact Exercises

Here are some effective low-impact exercises to consider for a senior fitness routine:

Walking:

A simple and accessible exercise that improves cardiovascular health and strengthens leg muscles.

Aim for 20-30 minutes of brisk walking most days of the week.

Swimming and Water Aerobics:

Provides a full-body workout with minimal joint stress due to the buoyancy of water.

Great for improving flexibility and strength while being gentle on the body .

Yoga:

Enhances flexibility and muscle tone while calming the mind.

Chair yoga is an excellent option for those with mobility issues.

Tai Chi:

Combines slow, flowing movements with deep breathing to boost balance and reduce stress.

Proven to lower fall risk in older adults.

Resistance Band Workouts:

Build strength without the need for heavy weights.

Bands are lightweight and portable, making them ideal for home workouts.

Chair Exercises:

Ideal for seniors with limited mobility. Exercises like leg lifts and arm circles can be performed while seated to improve strength and circulation.

Cycling:

Whether using a stationary bike or outdoors, cycling provides a good cardiovascular workout that's easy on the joints.

Bodyweight Exercises:

Exercises like wall push-ups and seated leg extensions strengthen the body without additional equipment.

<https://www.bing.com/copilotsearch?q=Best+low-impact+exercises+for+seniors&form=CSSANS>

MOSS ART WORKSHOP

Presented by

The Wellness Garden LLC

Join us for a fun evening & create your own one-of-a-kind moss art masterpiece! Choice of white or black hexagon frame (Five of each color available - 1st come, 1st served).

All supplies provided. MAX 10 participants.



When: May 8th, 2025 from 6:30-7:30 pm

**Where: Calhoun County Committee on
Aging Senior Center**

Cost: \$25 per person (tax included)

\$10 non-refundable DEPOSIT due by May 1st VIA

<https://square.link/u/Jxj4HwMg> or

PAID TO Samantha Poling @ CCCOA

Contact **The Wellness Garden @ 304-480-1412**

thewellnessgardenwv@gmail.com OR Samantha Poling @ 304-

354-7017x106 spoling@cccoa-wv.org for more info



Calhoun Library

presents

History Alive!

Minnie Reed

May 4, 2025 at 2pm

Ballad singer Minnie Reed is based on the lives, singing and stories of West Virginia folksingers. Extensively researched and lovingly brought to life by folksinger Mary Dailey, this portrayal in costume includes regional history and humor as well as traditional songs.

Refreshments will be served.

This Amazing Plantain Salve Recipe Is The Only One You Will Ever Need

Plantains are such awesome plants! And when it comes to uses for the skin, they are phenomenal. When plantains are added to beeswax and sunflower oil you have a recipe that is amazing. This Plantain Salve Recipe is so simple to make, I just had to share.

I made this recipe specifically with my husband and one of my daughters in mind. They both struggle with skin issues. My husband has plaque psoriasis, and my daughter has eczema. I wanted a salve that could be used even on their most sensitive areas, that would not clog pores or irritate their skin.

Before we dive into the recipe let's talk a little about why I would consider this plantain salve recipe to be the **ONLY** one you will ever need. The main reason is I made it to be used anywhere, your face, body, scalp, and even intimate areas. So, there is no worrying about how it could affect your skin. (Remember all people can have allergies so I would highly recommend trying this on a small area first just to be sure) This salve helps in so many ways. Let's jump in.



Sunflower Oil

When I first started making soap, I did a deep dive into different oils and the properties they possess. I wanted to learn the reasons why one oil is preferred over another in different recipes. I learned about each oil and its benefits when used.

For this recipe, I chose to use Sunflower Oil. It is packed full of essential fatty acids and vitamin E. This antioxidant-packed oil has the ability to fight redness, inflammation, and irritation in the skin. It is lightweight but doesn't absorb quickly, so it is perfect for dry skin. With a 0-1 rating on the comedogenic rating chart, it is known to not clog your pores.

Using this oil has all the added benefits but when coupled with the idea that it doesn't clog your pores, I knew it was the oil of choice. It is such a light oil to use. Don't be fooled, even though it says it doesn't absorb quickly it doesn't leave a greasy residue behind. It leaves your skin feeling soft and moisturized, which is great – even for your face.

Beeswax

Beeswax includes the natural antibacterial and anti-inflammatory properties found in honey. When adding beeswax to products it helps create breathable barriers against the elements while offering your skin the ability to fight infections. It also has a natural emollient that helps soften your skin while also brightening your complexion.

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People with eczema and psoriasis can use this and naturally fight off infections that can come with raw itchy skin.

Plantains... I don't even know where to start with this plant. It is simply amazing. It helps wounds heal faster, lowers inflammation, treats poison ivy/oak, stops the sting of insect bites, can be used to draw out thorns, helps promote clotting when applied to wounds, has antibiotic properties, and yes – treats psoriasis and eczema. And the best part – it grows wild in most of our yards!!! Most people view it as a weed not even realizing all the benefits that it has.

Benefits of this Plantain Salve Recipe

Now I know I have been focusing mostly on the benefits of how this helps with Eczema and Psoriasis. But you can use this salve for so much more. Add all the ingredients together, and you have an amazing salve that has all the following benefits:

It is antibacterial

Helps wounds heal faster

Lowers inflammation

Reduces Redness

Treats poison ivy/oak

Treats psoriasis and eczema

Helps with insect bites and stings

Packed full of Essential Fatty Acids

Full of Vitamins (Especially high in – E, A, B6, K, and C)

Promotes clotting when applied to a wound

It can be used as a drawing agent

Helps soften and brighten skin

Creates a breathable barrier to protect the skin

It won't clog pores.

Next page for recipe....



The CCCOA has an Ensure Program!

Ensure Plus is available at the Grantsville - CCCOA

Vanilla, Chocolate and Strawberry

There has been a price increase, Ensure is now \$25.00
for a case (total count in case 24).

Let's Make This Recipe!

First things first. Let's gather our ingredients and equipment.

1 cup Plantain-Infused Oil

1 ounce (by weight) Beeswax

Scale

Large Pot

2 Glass Jars (plus more if needed to stabilize)

Something to stir oil/wax with

Funnel

Containers to contain salve (Tins or Glass Jars) I used 1 glass jar and 7 small tins with this amount

Step 1:

Weigh out 1 ounce of beeswax on a scale. Place the beeswax in a jar. I suggest using a jar because it allows you to boil multiple jars in one pot creating less to clean up later.

Step 2:

Add 1 cup of Plantain Infused Oil to a jar.

Step 3

Create a double boiler. You want to boil your beeswax and oil in small jars raised away from the heat. It is easy to create one. You can place a few jar rims in the bottom to create a raised platform to set the jars on top of. You can fold long pieces of aluminum foil to create rows and position a couple parallel to each other to set the jars on. Or you can even use an old rag at the bottom. Just be sure in each situation that the jars are stable and won't tip.

Step 4

Bring 1 – 2 inches of water to a boil over medium-high heat in the large pot (double boiler). Be sure before placing your jars in the pots that they are secure and not going to tip over when bubbles are popping out underneath them. You can use multiple jars with water in them to help hold all the jars in place. The worst thing is not having them secure, and they tip over into the water ruining your product.

Place the jar of beeswax in the pot and allow the wax to melt. Once the beeswax is almost done melting add a jar of plantain-infused oil to the pot for a few minutes to warm the oil.

Step 5

Mix the beeswax into the plantain-infused oil. Stir to combine. If the sunflower oil is not warm enough and the beeswax hardened up, you will need to heat until wax melts.

Step 6

Using a funnel pour the warmed oil and wax mixture into your cute little containers. Allow them to cool before moving them or placing the lids on.

And Viola! You have yourself a wonderful salve to use. We have the bigger glass jars for personal use in our bathrooms. I love to carry the small tin containers in my purse or give them to my family and friends. You can also use mason jars or old jelly jars just as easily. Just have fun with it!

Plantain Salve

Experience the magic of this healing salve! This salve harnesses the power of plantains, sunflowers, and beeswax to soothe, heal, and restore your skin.

Equipment

1 Large Pot

2 Glass Jars (additional glass jars can be used to stabilize jars while boiling)

funnel

Scale

Containers

Materials

1 Cup Plantain Infused Oil <https://homelyhens.com/health/plantain-infused-oil/>

1 Ounce (by weight) Beeswax

Instructions

Weigh out 1 ounce of Beeswax on a scale. Add Beeswax to small jar.

Add 1 cup of Plantain Infused Oil to a small jar.

Boil Beeswax using the Double Boiler Method I spoke of in the blog post.

When the beeswax is almost done melting add the jar of Plantain-Infused Oil to the Double Boiler for a few minutes to warm the oil.

Mix the beeswax into the Plantain-Infused Oil and stir.

Using a funnel pour the mixture into your containers and allow for them to cool completely.

Place lids on and store them in a cool place.

<https://homelyhens.com/health/plantain-salve-recipe/#recipe>



Let's talk about TICKS!

It's that time of year again and I am not fond of using sprays with deet. Deet has been linked to potential health issues, particularly when used improperly or in excessive amounts.

If you have pets, it is imperative that you use great caution as to what you not only spray on them, but on yourself and what you have in and around your home. Even some essential oils, plants and flowers are harmful if not deadly to pets.

If you have pets, give this a try... but remember to do it in a small test area on you and your pets skin first to check for allergic reactions first.

Apple Cider Vinegar

Apple cider vinegar to the rescue ... once again! Apple Cider vinegar has an acidic taste that ticks hate.

The following solution can be sprayed on clothing and exposed skin—even lawn furniture: Combine two cups of water, four tablespoons of apple cider vinegar, and two tablespoons of organic neem oil. This spray works great on pets at controlling these menacing pests. Rub into pet's fur after spraying. Be careful to avoid eyes, burns or damaged skin.

Apple cider vinegar (ACV) can offer various potential benefits for dogs, including aiding digestion, improving skin and coat health, and acting as a natural deterrent for fleas and ticks. However, it's crucial to use it correctly and in moderation, and always consult with a veterinarian before introducing it to your dog's diet or topical routine.

Here's a more detailed look at the potential benefits and uses:

Potential Benefits:

Improved Digestion:

ACV can help stimulate digestive enzymes and promote gut health, potentially alleviating issues like diarrhea and gas, according to Four Leaf Rover.

Skin and Coat Health:

ACV can help restore the natural pH balance of the skin, potentially reducing itching and irritation from allergies, hotspots, or yeast imbalances, as noted by Proper Natural. It can also be used as a rinse after baths to remove soap residue and condition the coat, according to Wag!.

Ear Health:

The antibacterial and antifungal properties of ACV may help with ear infections and keep ears healthy, according to Proper Natural.

Natural Pest Repellent:

ACV may help deter fleas and ticks when used topically as a spray or added to the dog's water, notes East End Tick Control.

Other Potential Benefits:

Some anecdotal evidence suggests ACV may help with urinary tract infections, reduce oxidative stress associated with obesity, and even regulate blood sugar levels, according to Proper Natural.

How to Use ACV for Dogs:

Dilution is Key:

Always dilute ACV with water before using it, especially for topical applications, to prevent skin irritation. A 50/50 mixture is often recommended, says Proper Natural.

Dosage:

For digestive issues, add 1/4 to 1/2 teaspoon of ACV to your dog's water or food once a day, according to Great Pet Care.

Topical Application:

Diluted ACV can be sprayed on skin to soothe irritation, cleaned out ears, or used as a flea and tick repellent.

Always Consult Your Vet:

Before introducing ACV to your dog's diet or using it topically, it's essential to consult with a veterinarian to ensure it's safe and appropriate for your dog's individual needs, as Better Pet advises.

Important Considerations:

Undiluted ACV can cause irritation:

Never apply undiluted ACV to the skin, especially open wounds or raw areas, according to Oklahoma Vet Specialists.

Start slowly:

If using ACV internally, start with small doses and gradually increase as needed, recommend Great Pet Care.

Not a cure-all:

ACV is not a substitute for veterinary care or medication. If your dog has serious health concerns, seek professional veterinary advice. ALWAYS CONSULT WITH A VETERINARIAN PRIOR TO USING!

Is Apple Cider Vinegar Safe For Dogs?

Overall, apple cider vinegar is fine for dogs. But there are some ways to make sure it's safe.

The first is that you should look for raw, organic unfiltered apple cider vinegar. Organic ACV will allow you to avoid pesticides ... and other toxic chemicals used in commercial farming.

And a raw product means it's not pasteurized. Pasteurization kills off the living enzymes in the ACV. Your dog needs those live enzymes to reap the health benefits of apple cider vinegar.

The main difference you'll see between raw and pasteurized ACV is the "mother". The mother is the bacteria and yeast used to ferment the apple cider into vinegar. The mother will make the ACV cloudy. Or you might see a blob at the bottom of the bottle that looks kind of like a spider web.

Shake the bottle before use.

<https://www.farmersalmanac.com/7-natural-tick-remedies-work>

<https://www.google.com/search?q=apple+cider+vinegar+and+benefits+for+dogs>

<https://www.dogsnaturallymagazine.com/3-simple-ways-apple-cider-vinegar-can-help-your-dog/>

Balance Exercises For Seniors PDF

Warm Up

Take a 30 second break between each warm up exercise



Lateral Toe Taps

- Extend your right leg out to the side
- Bring it back in
- Extend your left leg out to the side
- Bring it back in
- Repeat for 60 seconds



Jacks

- Do a lateral toe tap like above
- As you step with your right leg, reach your right arm over your head
- Do the same on your left side
- Repeat for 30 seconds



Squats

- Put your feet shoulder width apart and hold onto the back of a chair if you need to
- Squat down by pushing your butt back
- Rise back up
- Repeat for 30 seconds





High Knees

- Standing behind your chair, raise your right leg up (holding onto the chair if you need to)
- Bring it back down
- Repeat with left leg
- Continue alternating sides for 30 seconds



Calhoun County Committee on Aging, Inc.

May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Milk & Margarine Served Daily	Menu Subject To Change Without Notice		1 Ham Salad Ww bread Pasta w/vegetables salad Jell-o w/fruit	2 Italian sausage Kraut Peas and carrots Fruit Ww bun
5 Macaroni Cheese Chicken Tenders Spinach Fruit Ww Bread	6 A1 Steak Mashed Potatoes Peas and carrots Ww Roll fruit	7 Calico beans Mustard greens Onions peaches Ww cornbread	8 Cook's Choice	9 Cream tomatoes Potatoes Sausage Ww biscuits
12 Baked Steak Mashed Potatoes & Gravy Onions Corn Fruit Medley Ww roll	13 White Beans & Ham Ww Cornbread Kale Fruit Onion	14 Fish Cauliflower w/cheese Green Beans Ww Bread Grape Juice	15 Vegetable soup w/ beef Peanut butter sand- wich Ww bread Fruit crisp	16 Chicken rice Peppers Peas Ww Roll Fruit
19 Cheese Salad Cream of Broccoli Fruit Ww bun	20 Pinto beans w/ham greens onions Ww corn bread Applesauce	21 Meatloaf Mashed potatoes Peas Fruit Ww Roll Banana Pudding	22 Rib Sandwich Onions French Fries Jell-O Fruit Ww bun	23 Pork BBQ vegetables Slaw juice ww bun
26 CENTER CLOSED FOR MEMORIAL DAY  	27 Chicken Patty Ww bun tomato Lettuce Ranch Potatoes peaches	28 Burger Lettuce, onion, pickle Potato salad Fruit Ww bun	29 Spaghetti w/ meat sauce Vegetables Fruit Ww Roll	30 Fish Onions & pickles Potatoes Fruit Whole Wheat Bun

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

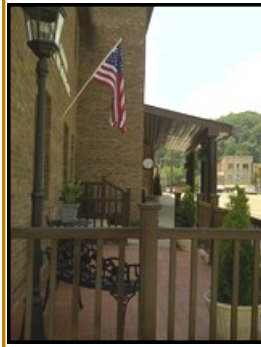
Phone: 304.354.7017

Fax: 304.354.6859

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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

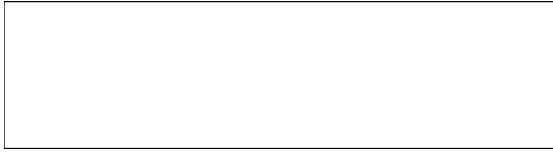
Minnora, WV 25261

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



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