

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 TALE OF TWO WOLVES

An old Cherokee is teaching his grandson about life.

"A fight is going on inside me," he said to the boy.

"It is a terrible fight and it is between two wolves. One is evil -

he is anger, envy, sorrow, regret, greed, arrogance,

self-pity, guilt, resentment, inferiority, lies, false pride,

superiority, and ego."

He continued, "The other is good - he is joy, peace, love, hope,

serenity, humility, kindness, benevolence, empathy, generosity,

truth, compassion, and faith. The same fight is going on inside

you - and inside every other person, too."

The grandson thought about it for a minute and then asked his

grandfather, "Which wolf will win?"

The old Cherokee simply replied,

"The one you feed."

May Birthday Club

James Barr 1st

Velma Barnes 3rd

Harley Cain 4th

Pete Walburn 5th

Linda Lynch 9th

Colleen McKown 10th

Karen Badgett 11th

Effie Parsons 13th

Madeline Lamp 15th

Clark Wilson 25th

Tex Murphy 30th

Employees

Dottie Rader 11th

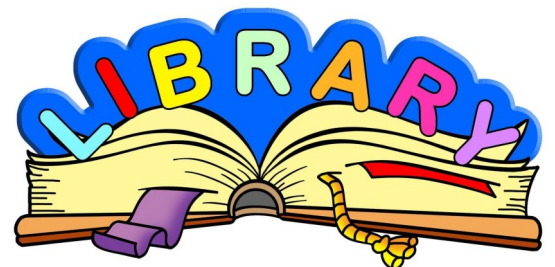
Nida Nickie 23rd

Debbie Parsons 29th

Wishing
you a very
happy
birthday!
May all your
dreams
come true.

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!



Local Events

- April 21st & 22nd CMHS Performing Arts Spring Showcase: Fri, April 21, 6pm – 8pm and Sat, April 22nd, 3pm-5pm at the Calhoun Middle High School Auditorium.
- April 27th Trivia Night at the Calhoun County Library, @ 6pm
- April 29th RAMP DINNER@ Upper West Fork Park; 1:00pm-4:00pm
- May 4th & 5th CCCOA Indoor Yard Sale from 8:00am-1:00pm
- May 5th A Taste of Paris Spice; 6:00pm – 7:30pm, @ the Old High School (Calhoun County Community Center)
- May 6th Interstate Trade Days 2023; Sat, May 6, 9am – 2pm; at the West Virginia Motor Speedway
- May 6th 19th Annual WV Trout Fest (formerly Spring Fest); Fri, May 5, 4pm – Sat, May 6, 9pm @ the Pendleton County Chamber of Commerce, Franklin, WV, 26807, United States
The 19th Annual WV Trout Fest (formerly Spring Fest) is coming! Look for details regarding the Miss Trout Pest Pageant, Trout Rodeo, Trout Dinner, Breakfast at Senior Center, Vendors, Live Bands, Local Talent, and more!
- May 7th Drive-thru BBQ Pork Fundraiser; Sun from 12pm – 5pm; at the Arnoldsburg Fire Department; BBQ sandwich with or w/out slaw, baked beans, Mac salad, dessert, and a drink for \$10.00.
- May 8th Calhoun County Commission Meeting; 9:00am – 10:30am, in the Court Room
- May 13th Benefit Bingo for Jeff Mace @ the Arnoldsburg Community Building, from 5pm-9pm
- May 13th-21st Strawberry Festival @ Buckhannon
- May 17th *BLOOD DRIVE* 1:00 PM - 6:00 PM, Arnoldsburg Clinic, 80 Spring Run Road Arnoldsburg WV
- May 19th Graduation @CMHS 7:00pm! **Congratulations to the Class of 2023!**
- May 25th Spring Health Fair at the CCCOA in Grantsville from 7am-10am in the dining hall.
- May 26th Last day of school for students!
- May 31st-June 3rd Wood Festival
- June 19th **CCCOA 50th Anniversary Celebration** will be held at the CCCOA in Grantsville from noon to 4pm; Lion's Club will be having quarter bingo in the dining hall, as well as selling food and refreshments. Outdoors will be live music, Car Show and more! If you are interested in participating in the car show or live music please call 304-354-7017 for details.

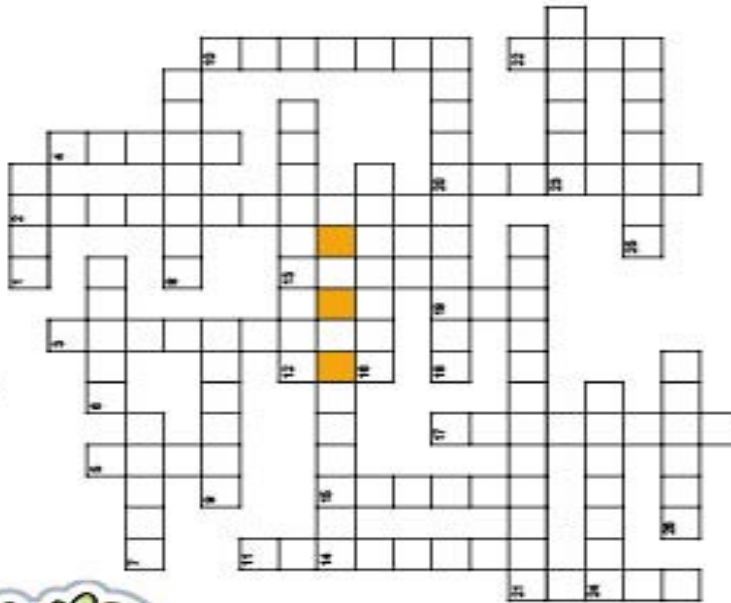
Announcements

- **Circle S Farms**—now Located at 338 Main Street Grantsville, across from Dollar General in what used to be Bodies. Offering some Amish food and open 4 days a week, they look forward to seeing everyone.
- **FREE TAX PREP**– Call CRI and speak with Janet @ 354-9265

Name: _____

Date: _____

Fast Food Crossword



Across

1. Fizzy drink.
6. ___ rings.
7. Tube used to drink with.
8. Knot shaped bread.
9. Cakes with a hole.
12. Beef patty on a bun.
14. Small towel for your face and fingers.
16. Condiment made with tomatoes.
18. Fried potato strips.
21. Beef patty on a bun with cheese.
23. Sausage in a roll.
24. Yellow condiment.
25. Flour tortilla folder around a filling.
26. Red slice on a burger.

Down

2. Order from your car.
3. Cold, frothy, dairy drink.
4. Italian pie with toppings.
5. Food in an edible shell.
10. Small chicken pieces.

11. Two pieces of bread and filling.
13. Sizzling strips.
15. Preserved cucumber.
17. Frozen milk dessert.
19. Breakfast muffin topping.
20. Eat in restaurant order.
21. Package deal.
22. Take away order.

Word Bank

- | | | |
|---------------|-----------|----------|
| Bacon | Hamburger | Pickle |
| Burrito | Hot dog | Pizza |
| Cheeseburger | Ice Cream | Pretzel |
| Combo | Ketchup | Sandwich |
| Donuts | Milkshake | Soda |
| Drive-through | Mustard | Straw |
| Egg | Napkins | Taco |
| For here | Nuggets | To go |
| French Fries | Onion | Tortato |

Sports Word Search

(Horizontal, vertical and diagonal word searches)



Words hidden in the grid:

- BASKETBALL
- CYCLING
- HANDBALL
- JUDO
- VOLLEYBALL
- SOCCER
- BOXING
- GYMNASTICS
- SWIMMING
- BADMINTON
- HIGHJUMP
- TENNIS
- ARCHERY
- RUNNING
- ATHLETICS
- RUGBY
- WRESTLING
- SAILING
- SKIING
- BASEBALL
- FENCING
- GOLF
- HOCKEY
- SURFING
- WEIGHTLIFTING



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



Chair Yoga Exercises

Helicopter



Half-Forward Fold



Mountain



Side Bend



Side Bend



Knee Hug



Cow/Cat



Hamstring Stretch



Gluteal Stretch



Gluteal Stretch



Quadriceps Stretch



Reverse Chair



Warrior Series



LEAN & GREEN

CAPRESE CHICKEN

YIELD: 4 SERVINGS

PER SERVING: 1 LEANER | 1 GREEN | 3 CONDIMENTS | 1 HEALTHY FAT

TOTAL TIME: 30 MINUTES

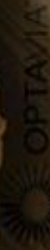
INGREDIENTS:

- 2 tsp olive oil
- 2 garlic cloves, minced
- 2 cups grape tomatoes, halved
- 3 Tbsp balsamic vinegar
- ¼ tsp each salt & pepper
- ½ cup fresh basil leaves, torn into small pieces
- 4-4-oz. boneless skinless chicken breasts, butterflied then pounded very thin (⅞ to ½-inch thick)
- 2 cups reduced-fat shredded mozzarella

DIRECTIONS:

1. Heat olive oil in a large skillet over medium-high heat. Add garlic, and stir for one minute. Add tomatoes, balsamic vinegar, salt and pepper. Cover and cook for 8 to 10 minutes, until tomatoes have softened.
2. Remove from heat and stir in fresh basil. Grill or sauté chicken breasts over medium-high heat for a few minutes on each side until fully cooked. Transfer to a baking sheet. Top chicken with tomato mixture and mozzarella cheese, as if it were a pizza. Broil for 2 to 5 minutes, or until cheese is melted.

Tip: Serve with a vegetable, such as broccoli or asparagus (1 cup of either option per serving), to make a complete lean and green meal.



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.

BLOOD DRIVE

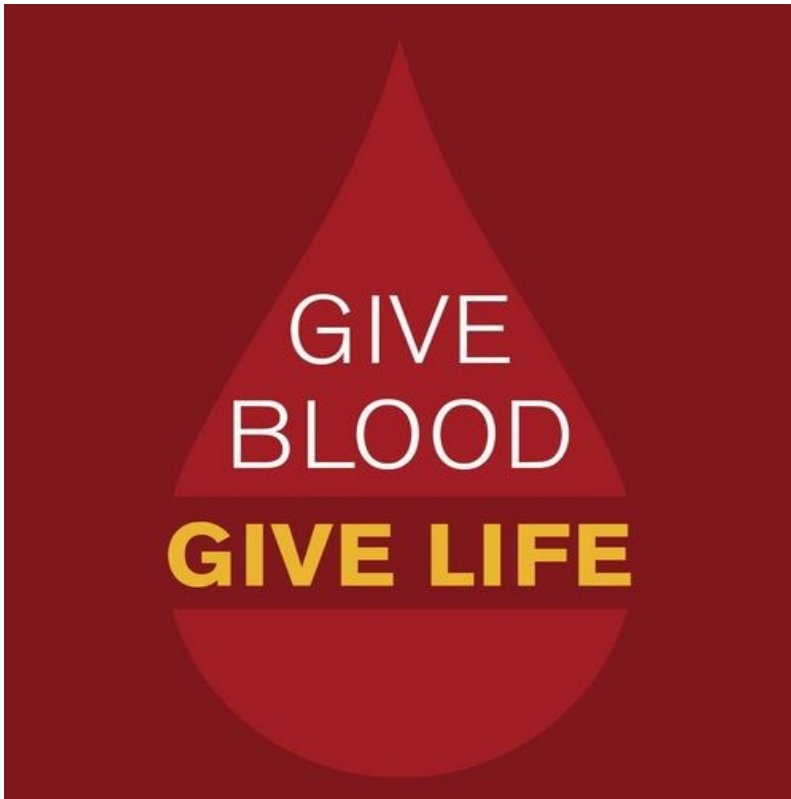
Wednesday, May 17, 2023

01:00 PM - 06:00 PM

Where: MHHS—**Arnoldsburg Clinic**

80 Spring Run Road

Arnoldsburg WV



Give blood.

Every 2 seconds someone
in the U.S. needs blood.

American Red Cross



Help save a life.

Schedule your
blood donation
appointment today.

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

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.

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.

How Exercise Impacts Your Health

Exercise Has Undeniable Benefits For You

But there are other factors that need to be taken into consideration too.

Your family history plays a part in your health, as well as practicing healthy habits like eating healthy, losing weight, drinking less and not smoking.

A regular program of aerobic and resistance training—two of the three most important forms of exercise helps improve the control of blood sugar, which can prevent diabetes. It also helps those who already have diabetes.

A study by the American Diabetes Association found that maintaining weight or gaining no more than 5 percent over a three-year period, was tremendously beneficial to a Type 2 diabetic patient's overall health.

Being overweight contributes to the risk of getting Type 2 diabetes, or high blood sugar. For those with a family history, taking insulin to lower blood sugar leads to weight gain, even when the patient consumes the same number of calories. Exercise is one way to counteract that.

Exercise also has a positive effect on blood pressure, cholesterol, heart health, inflammation, and osteoporosis.

There's growing evidence that physical activity can influence the incidence of breast cancer and its outcomes in positive ways.

Women who control their weight and exercise after breast cancer are more likely to live longer. However, it's been noted that they may be the same women who were exercising and keeping their weight controlled before being diagnosed with cancer.

Specific studies are underway to learn just how much exercise helps, but in the meantime, experts say that increasing or maintaining a moderate level of physical activity, along with losing weight if you're overweight, is a good idea.

https://selfchech.org/healthy-habits/exercise/health-impact/?gad=1&gclid=CjwKCAjw__ihBhADEiwAXEazJjoOjMjo2819_8A47em76GXLo1QbRARSc3__R3qTLotc-WthobRgJxoCQScQAvD_BwE

Six Benefits of Adding Seafood to Your Diet

As you get older, your body can become more susceptible to chronic diseases, so it can be helpful to eat a healthy diet filled with essential nutrients. If you're looking for an easy yet impactful way to be proactive in your health journey, try introducing seafood into your diet. By simply eating eight ounces or two servings of seafood a week, you may experience a multitude of health benefits that can contribute positively to your overall well-being. Here are some reasons why you should consider seafood for your next meal and several health benefits you may experience by incorporating it into your diet.

1. It's High in Important Nutrients

Seafood is a source of essential nutrients that many people are lacking, including omega-3 fatty acids, protein, iron and vitamins D and B. Fatty fish, including salmon, trout, sardines, tuna and mackerel, are sometimes considered to be the healthiest option because they can provide fat-based nutrients that our body can't produce on its own. But don't take our word for it — listen to science. Studies indicate that seafood is a good source of fats, protein, vitamins and minerals that help promote overall health.

2. It May Help Improve Heart Health

According to the American Heart Association, fish and seafood are consistently associated with a lower risk for cardiovascular disease because they are concentrated sources of omega-3 fatty acids. Omega-3 fatty acids are a type of unsaturated fatty acid that may work to benefit heart health by helping to:

Decrease triglycerides levels

Increase beneficial HDL cholesterol levels

Reduce the risk of irregular heartbeats

Reduce blood pressure

Reduce platelet aggregation and blockages that can clog arteries

Decrease risk of stroke and heart failure

3. It Can Help Prevent Vision Loss

Having a seafood-rich diet can help ensure that you're getting plenty of omega-3 fatty acids that may not only help benefit your heart health, but can also help protect your vision. Evidence suggests that the omega found in seafood can help fight against age-related macular degeneration — a common eye disorder that causes blurred or reduced central vision and even blindness. While many types of seafood contain small amounts of omega-3 fatty acids, the highest amounts can be found in salmon, tuna or mackerel.

4. It May Help Promote Bone Health

As you get older, your bones can naturally lose density, and while this can be a normal part of in the aging process, this can make you more susceptible to broken bones and fractures, which can be life-changing events for seniors. Consuming seafood is one proactive action you can take to help increase your bone density. According to this study, there may be a positive correlation between the consumption of seafood and bone health that may help seniors lower their risk of developing osteoporosis. Why is this? Seafood is rich in vitamin D, which may help the body use calcium and phosphorus, key minerals for bone health. Try eating salmon, mackerel, herring and sardines if you're looking to find good sources of vitamin D.

5. It May Help Ease Joint Pain

Suffering from stiffness in your joints? Partaking in a seafood diet may help to provide some relief. Omega-3 fatty acids can help decrease the production of certain inflammatory chemicals in the body, and the vitamin D they contain can help decrease joint swelling and pain. Even if you don't suffer from stiffness in your joints, by consuming omega-3 regularly, research suggests, you may be less likely to develop rheumatoid arthritis.

6. It Can Help Promote Brain Health

Brain health is seriously important as you get older. Research suggests mild cognitive impairment, which is characterized by problems with memory, language, thinking or judgment, appears in 10–20% of adults aged 65 years and older.

You can take proactive measures to help increase your brain health by regularly consuming fish, which has been shown to help improve cognitive ability. The omega-3 fatty acids that are found in fish can play a vital role in preserving cell membrane health and supporting cognition and memory — but since our bodies do not produce omega-3, it can be essential that we get them through our diet.



MAY 4TH & 5TH
8:00AM-1:00PM

CCCOA

**FITNESS
CENTER**

105 Market Street

For More
information call:
304-354-7017

West Fork Site



Tex Murphy is the King of Rummy and as his shirt says, “Happiness is beating the girls at rummy”. If you don’t know Tex, you’re missing out. He can always bring a smile to your face.



March Birthday dinner- (sitting) Lowell Batton, (standing left to right) Sharon Knotts, Karen Hollinger, and Marty Park

West Fork Site



Singers at March Birthday Dinner-
Alice Cottrell,
Sharon Knotts,
Jim Shields,
Eugene Parsons,
and Randy Wilson.



Crazy Easter Hats-
Alice Cottrell,
Diane Bernier,
Betty Ellison,
Colleen McKown,
Pat Murphy,
Karen Badgett,
Tex Murphy, and
Roger Bailey.



Grantsville Site





The Seniors had a wonderful visit from the Easter Bunny and Easter Egg, and did several Easter crafts.

The Seniors always seem to be coming up with new ideas and crafts. I think it's safe to say... the new craft room is being enjoyed.

Please feel free to join us, we're always looking for new members and new ideas.



Importance of Socializing for Seniors

Socializing with people is important at any age. As human beings, we were built to be social creatures. This is true of all ages and even more necessary for the elderly.

For seniors who are staying consistently social, they can enjoy a number of benefits by staying active in their communities and social circles.

Memory

Seniors can prevent memory loss, Alzheimer's, and dementia through a combination of physical exercise and socialization. This is because both activities help bring down their stress levels and exercise both their bodies and brains. This can be as simple as a walk around the block while you discuss the latest news!

Emotional Health

Even if we're natural introverts, we all know we need some human interaction with people who we love in order to have fulfilling lives. This doesn't change as we get older.

Seniors that regularly socialize are less prone to depression and anxiety. They're able to connect with people and adapt to their surroundings because they don't feel as alone.

Longevity

Stress can take a toll on the body, but regular socializing helps reduce stress and anxiety. Plus, seniors who are still active in their social circles take better care of their health.

How to Stay Connected with Seniors

Group Exercise

Group exercise provides both physical as well as emotional benefits because of the social component. Most of these exercises are formulated to be gentle and low-impact so that seniors can strengthen themselves but not at the risk of further injury. This is important because exercise is said to help prevent falls!

Walking Clubs

Walking around the neighborhood with a group of people is a fun way to get exercise and fresh air. When people meet up or join a walking club, they're far more motivated to complete the exercise together. You can join your loved one and talk as you walk, reconnecting as you both exercise. If you would like to head up a walking club, contact Samantha Poling at the CCCOA.

Book Clubs

Book clubs can help foster your love of reading as well as encourage you to share what they've read with new friends. If you want to connect with your loved one, choose a book to read with them, and plan to talk about your progress and insights once a week. Check the Calhoun Library as they are interested in adding members and creating a book club.

Arts and Crafts Classes

Arts and crafts are a great way to relieve stress, express creativity, learn new skills, and socialize all at the same time. Some seniors may have never been able to learn how to use watercolors or acrylic paint while they were still working. Plan to do more crafts or even take up a class here at the CCCOA.

Pet Therapy

A furry friend is a great companion for seniors. Dogs especially can motivate seniors to get out and walk around the block. They can also connect with people as they had to the dog park and let their friend run free. Spending time with animals is therapeutic in and of itself.

Self-Care



No matter how old you get you'll always care about your appearance, and it's important that seniors have special self-care days too. Plan a day of indulgence by visiting a hair and nail salon. Not every day needs to be a day full of activities—sometimes you just want to relax, too. You can have a quiet chat at a cafe or bar. You can even plan for a relaxing pool day.

Excursions

Last but not least, you and your loved one could visit museums, listen to symphonies, or have a picnic in the park.

Calhoun County Committee on Aging, Inc.

May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 Fish Onions & pickles Potatoes Fruit Whole Wheat Bun Mixed Vegetables	2 Spaghetti w/ tomato meat sauce Vegetables Fruit Ww Roll	3 White Beans & Ham Ww Cornbread Kraut Fruit Onion	4 Chicken Patty ww/bun lettuce Ranch Potatoes Fruit	5 A1 Steak Mashed Potatoes Green Beans Ww Roll Juice Onions
8 Macaroni Cheese Chicken Tenders Spinach Fruit Ww Bread	9 Pork Chops Potatoes Beets Juice Ww Bread Fruit	10 Chicken Mashed Potatoes Green Beans Ww Roll Fruit	11 Cook's Choice	12 Pork BBQ Potatoes Slaw Fruit Onion Ww bun
15 Baked Steak Mashed Potatoes & Gravy Onions Corn Fruit Medley Ww roll	16 Italian Sausage Kraut Potatoes Carrots & Peas Fruit Ww Cornbread	17 Fish Cauliflower Green Beans Fruit Ww Bread Juice	18 Cabbage Roll Mashed Potatoes Peas Ww Roll Fruit	19 Chicken Salad Potato Salad Pineapple Jell-O Ww bun
22 Cheese Salad Cream of Broccoli Fruit Ww bun	23 Stuff Peppers Mashed potatoes Gravy Carrots Ww Bread Fruit	24 Chicken Noodle Soup Peas Fruit Ww Roll Banana Pudding	25 Rib Sandwich Onions French Fries Jell-O Fruit Ww bun	26 Chicken & ww Pasta Mixed Vegetables Pineapples Ww Bread
29 CENTER CLOSED FOR MEMORIAL DAY  	30 Chili w/ meat, onions, tomato, peppers Fruit Crackers Ww/bread & peanut butter sandwich	31 Burger Lettuce, onion, pickle French Fries Broccoli Fruit Ww bun	Menu Subject To Change Without Notice	2% Milk & Margarine Served Daily

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

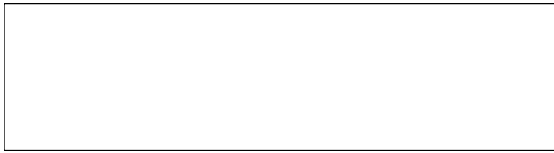
88 Red Roof Ln, Chloe, WV 25235

Hours: 9:00am - 2:00pm

Monday, Tuesday, Thursday

Phone: 304.655.9906

Mailing: Post Office Box 619
Grantsville, WV 26147



Calhoun County Committee on Aging
PO Box 619
Grantsville, WV 21647

To Contact CCCOA:
Phone: 304-354-7017
Fax: 304-354-6859

