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CCCOA NEWS

August

Dates To Remember

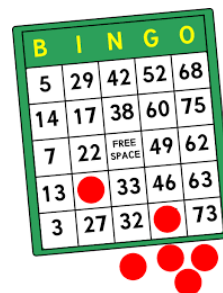
- Aug. 2nd, Wed. Roane Home Care Bingo 11:00-11:30 am
Crafts 9:30 am
- Aug. 3rd, Thur. Exercise with Erin 9:30-10:00 am
GSC-WVU Rural Immersion Project Presentation @ 10:00 am
- Aug. 7th, Mon. Exercise with Erin 9:30-10:00 am
- Aug. 8th, Tue. Planning Committee Meeting 1:30 pm
- Aug. 9th, Wed. Attorney General Rep. 10:30-11:00 am
- Aug. 10th, Thur. Spencer Shopping Trip-depart Grantsville @ 8:30 am
Trip must be paid for at time of reservation!
- Aug. 14th, Mon. KIDS START BACK TO SCHOOL!
- Aug. 16th, Wed. WV Cares Screenings 10:00-Noon
Crafts 9:30 am
Federal Provider Plan Public Comment Meeting @ 10:00 am
- Aug. 17th, Thur. Shopping Trip-depart Grantsville @ 8:30 am
Trip must be paid for at time of reservation!
Bowling Trip
- Aug. 18th, Fri. Genesis Bingo 11:00-11:30 am
- Aug. 24th, Thur. Exercise with Erin 9:30-10:00 am
Berdine's Trip
- Aug. 25th, Fri. SHIP Counselor 10:45 am
- Aug. 28th, Mon. Exercise with Erin 9:30-10:00 am
Board Meeting @ 2:30 pm
- Aug. 30th, Wed. Covered Dish Birthday Dinner @ Grantsville Site
Musical Entertainment 10:30-11:30 am
NO BINGO WILL BE PLAYED TODAY
- Aug. 31st, Thurs. Exercise with Erin 9:30-10:00 am
- Aug. 31st, Thurs. Covered Dish Birthday Dinner @ West Fork Site
Musical Entertainment 10:30- 11:30 am
Hospice Blood Pressure Clinic 10:00-10:30 am



Calhoun County Schools will be starting back to school August 14th. Please use extra caution during your morning and afternoon commutes.

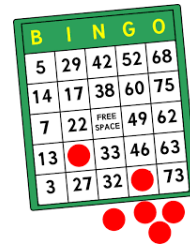
Events

- Aug. 2nd, Wed. Roane Home Care Bingo 11:00-11:30 am
Choir Practice 10:30-11:00 am
Crafts 9:30 am
- Aug. 3rd, Thur. Exercise with Erin 9:30-10:00 am
GSC-WVU Rural Immersion Project Presentation @ 10:00 am
- Aug. 4th, Fri. "Healthy Me"
- Aug. 7th, Mon. Exercise with Erin 9:30-10:00 am
- Aug. 8th, Tue. Planning Committee Meeting 1:30 pm
- Aug. 9th, Wed. Choir Practice 10:30-11:00 am
Attorney General Rep. 10:30 am
- Aug. 10th, Thur. Spencer Shopping Trip-depart Grantsville @ 8:30 am
Trip must be paid for at time of reservation!
- Aug. 16th, Wed. WV Cares Screenings 10:00-Noon
Choir Practice 10:30-11:00 am
Crafts 9:30 am
Federal Provider Plan Public Comment Meeting @ 10:00 am
- Aug. 17th, Thur. Shopping Trip-depart Grantsville @ 8:30 am
Trip must be paid for at time of reservation!
- Aug. 18th, Fri. Genesis Bingo 11:00-11:30 am
- Aug. 23rd, Wed. Choir Practice 10:30-11:00 am
- Aug. 24th, Thur. Exercise with Erin 9:30-10:00 am
Berdine's Trip
- Aug. 25th, Fri. SHIP Counselor Medicare Presentation 10:45 am
- Aug. 28th, Mon. Exercise with Erin 9:30-10:00 am
Board Meeting @ 2:30 pm
- Aug. 30th, Wed. Covered Dish Birthday Dinner
Musical Entertainment 10:30-11:30 am
NO BINGO WILL BE PLAYED TODAY
- Aug. 31st, Thurs. Exercise with Erin 9:30-10:00 am



Yahtzee & Rummy will be played daily from 8:00 - 11:00 a.m.
Bingo will be played daily from 11:00 - 11:30 am
unless otherwise stated.

- Aug. 1st, Tues. Cards/Line Dancing 10:30-11:30 am
- Aug. 3rd, Thurs. Cards/Board Games 10:30-11:30 am
- Aug. 7th, Mon. Weigh in for Biggest Loser
WV Cares Health Screenings 9:30-10:00 am
Card/Corn Hole 10:30-11:30 am
- Aug. 8th, Tues. Cards/Line Dancing 10:30-11:30 am
- Aug. 10th, Thurs. Bingo with Roane Home Care 10:00-10:30 am
Cards/Corn Hole/Scrabble 10:30-11:30 am
- Aug. 14th, Mon. Weigh In - picture and prize
Cards/Scrabble/Corn Hole 10:30-11:30 am
- Aug. 15th, Tues. Cards/Line Dancing 10:30-11:30 am
- Aug. 17th, Thurs. Bowling Trip
- Aug. 21st, Mon. Cards/Corn Hole/Board Games 10:30-11:30 am
- Aug. 22nd, Tues. Cards/Line Dancing 10:30-11:30 am
- Aug. 24th, Thurs. Cards/Corn Hole/Board Games 10:30-11:30 am
- Aug. 28th, Mon. Weigh In for Biggest Loser
Cards/Crafts/Board Games 10:30-11:30 am
- Aug. 29th, Tues. Cards/Line Dancing 10:30-11:30 am
- Aug. 31st, Thurs. Covered Dish Birthday Dinner & Entertainment
Hospice BP Clinic 10:00-10:30 am

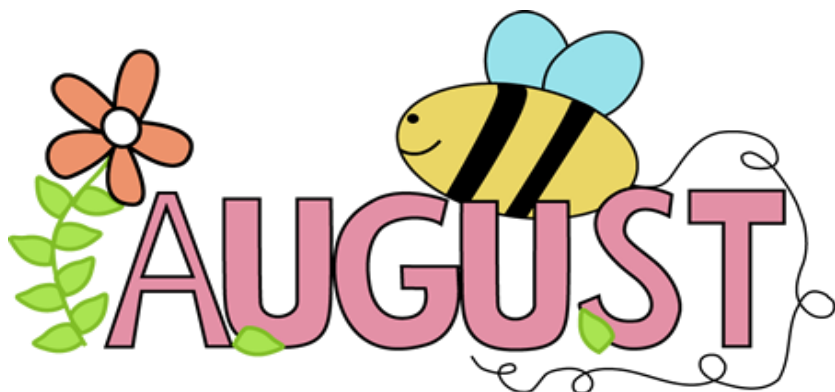


Exercise 9:00 - 9:30 am / Socializing from 9:30-10:00 am daily unless otherwise stated.
Bingo will be played daily from 10:00 - 10:30 am unless otherwise stated.

Find the Needle

The needle was on page 14 last month. Look for the needle in this month's newsletter.

Actual needle size



August Birthdays

Carol Swearingen Aug. 7th
 Violet Richards Aug. 7th
 Jane Lawaty Aug. 9th
 Charter Badgett Aug. 16th
 Vivian Dye Aug. 16th
 Thelma Hall Aug. 16th
 Teresa Starcher Aug. 16th
 Judy Wolfram Aug. 18th
 Albert Smith Aug. 22nd
 Gary Vaughn Aug. 22nd
 Patty Little Aug. 23rd
 Audra McCumbers Aug. 24th
 French Stump Aug. 24th
 Larry Dawson Aug. 25th
 Ruth Morris Aug. 27th
 Clifford Ellison Aug. 27th
 Edith Gae Bailey Aug. 28th
 Kathryn Kerby Aug. 28th



Celebrating July Birthdays

Seated:

Linda Crawford and Janet Stewart

Standing:

Virginia Simmons and Jacky Rogers

Entertainment:

CCCOA Choir &

Rick Poling

Happy Birthday

CCCOA Employees



Lydia Richards Aug. 18th



WF June Birthdays: Clayton Moore and Nancy Dotson



WF July Birthdays: Ford Wilson and Randy Wilson



04.13.2017

These beautiful flower boxes were constructed earlier in the year and are bringing so much beauty and enjoyment to the West Fork site. Please stop by and have lunch, enjoy the rural setting and all its beauty.

Music & Entertainment

for July:
Eugene Parsons and Randy Wilson



August 1, 1944 - Anne Frank penned her last entry into her diary. "[I] keep on trying to find a way of becoming what I would like to be, and what I could be, if...there weren't any other people living in the world." Three days later, Anne and her family were arrested and sent to Nazi concentration camps. Anne died at Bergen-Belsen concentration camp on March 15, 1945, at age 15.

August 2, 1776 - In Philadelphia, most of the 55 members of the Continental Congress signed the parchment copy of the Declaration of Independence.

August 3, 1492 - Christopher Columbus set sail from Palos, Spain, with three ships, *Nina*, *Pinta* and *Santa Maria*. Seeking a westerly route to the Far East, he instead landed on October 12th in the Bahamas, thinking it was an outlying Japanese island.

August 4, 1961 - Birthday - Barack Obama the 44th U.S. President was born in Honolulu, Hawaii, on August 4, 1961. His father was from Kenya, Africa, while his mother was originally from Kansas. Upon completing his college education, young Obama moved to Chicago, becoming active in community affairs. He then attended Harvard Law School, becoming the first African-American president of the Harvard Law Review in 1990. He returned to Chicago, worked in a law firm, then entered politics. Elected to the Illinois State Senate in 1996, he went on to become a U.S. Senator in 2004. Four years later, he successfully challenged former First Lady Hillary Rodham Clinton for the Democratic presidential nomination and went on to defeat Republican John McCain in the general election, November 4, 2008, thus becoming the first President of African-American origin.

August 5, 1861 - President Abraham Lincoln signed into law the first Federal income tax, a 3 percent tax on incomes over \$800, as an emergency wartime measure during the Civil War. However, the tax was never actually put into effect.

August 5, 1962 - Film star Marilyn Monroe died at age 36 from an overdose of sleeping pills. She made 29 films during her career and came to symbolize Hollywood glamour.

August 6, 1945 - The first Atomic Bomb was dropped over the center of Hiroshima at 8:15 a.m., by the American B-29 bomber *Enola Gay*. The bomb detonated about 1,800 ft. above ground, killing over 105,000 persons and destroying the city. Another estimated 100,000 persons later died as a result of radiation effects.

August 9, 1945 - The second Atomic bombing of Japan occurred as an American B-29 bomber headed for the city of Kokura, but because of poor visibility then chose a secondary target, Nagasaki. About noon, the bomb detonated killing an estimated 70,000 persons and destroying about half the city.

August 9, 1974 - Effective at noon, Richard M. Nixon resigned the presidency as a result of the Watergate scandal. Nixon had appeared on television the night before and announced his decision to the American people. Facing possible impeachment by Congress, he became the only U.S. President ever to resign.

August 14, 1935 - President Roosevelt signed the Social Security Act establishing the system which guarantees pensions to those who retire at age 65. The Social Security system also aids states in providing financial aid to dependent children, the blind and others, as well as administering a system of unemployment insurance.

August 14, 1945 - Following the two Atomic Bomb drops and believing that continuation of the war would only result in further loss of Japanese lives, delegates of Emperor Hirohito accepted Allied surrender terms originally issued at Potsdam on July 26, 1945, with the exception that the Japanese Emperor's sovereignty would be maintained. Japanese Emperor Hirohito, who had never spoken on radio, then recorded an announcement admitting Japan's surrender, without actually using the word. The announcement was broadcast via radio to the Japanese people at noon the next day. The formal surrender ceremony occurred later, on September 2, 1945, on board the USS *Missouri* in Tokyo Bay.

August 16, 1977 - Elvis Presley was pronounced dead at the Memphis Baptist Hospital at 3:30 p.m., at age 42.

Let's see, where did I leave off? Oh yes, the continuation of June. Well, after the sting on my head I had some real fun. The Sunday after the infamous bee attack I went back to the barn in the morning to feed "Fuzz Buzz." Yes, that's her name as she is long-haired and has large hairy tail. I fed her, talked to her, patted her and left. I left the barn door open so she could go out in the sun. There is a small wooden platform in front of the barn door. She considers it her front porch.

All was well then but when I went back around 5:00 pm to feed her and close the barn door I didn't see her. I called her and I heard a noise. It was on the other side of the barn where we used to keep goats. I thought that it was her, but no way Jose. When I looked into that side I got a shock and a half. It was a brand new, wobbly legged fawn. I said, "Oh Baby you can't stay here." I walked slowly toward it. It went behind a door that Frank had standing against the wall. I walked back to the house and told Frank that we had a problem.

He said, "Just one?" I explained the situation and he asked if I left the door open. Of course I did. He said that we would walk back after supper. Which we did; and whoopee- no baby deer. I shut the door quickly. Momma deer had found her wayward kid.

The following week we were watching some television one night. It was dark out and since it was June, we had the front door open. Oh boy, big mistake. Phoosy- Whoosy- Upsy Daisy- Stinky Winky!! A skunk had left his calling card. It was so strong that he must have been really mad at something or somebody. I found out later that night that the something was "Gizzy" (the cat from you know where). Oh my word did he STINK!! I used some soapy water on his back. This was going to take some time. I put baby powder on him and brushed him.

Well, it is now the middle of July and he still has a faint smell of skunk. Oh, yes, there was one snake in the yard but none in the chicken coop. It's a miracle, and I'm still getting eggs. Yay!! Let's see what the rest of July brings besides heat and humidity. As of August first it will be 61 days until October arrives. I can't wait.

'til next month,

~Judy~

Brighten the world one rock at a time!



Craft Days!

August 2nd and 16th, beginning at 9:30 am, we will continue our rock painting. Supplies are provided!

However, if you have your own supplies, such as paint, paint brushes, markers, or specific rock that you would like to bring you may do so.

You are free to paint whatever you wish, so you may start gathering pictures or templates now.

If you have an interest in joining us please let Cindy know so we have enough supplies for everyone. (304-354-7017)





Granny Clampetts Measures

A smidgen is just a teeny little bit.
 3 smidgens make one pinch.
 4 pinches equal a little bit.
 4 little bits equal one midlin.
 3 midlin amounts equal 1 right smart and it takes
 5 right smarts to make a whole heap.

Submitted by: Alta Mae Richards

Random Interesting Facts

- Pteronophobia is the fear of being tickled by feathers.
- When hippos get upset, their sweat turns red.
- A flock of crows is called a murder.
- "Facebook Addiction Disorder" is a mental disorder identified by Psychologists.
- The average woman uses her height in lipstick every 5 years.
- Cherophobia is fear of fun.
- Human saliva has a boiling point three times that of regular water.
- If you lift a kangaroo's tail off the ground it can't hop.
- Bananas are curved because they grow towards the sun.
- Sea otters hold hands when they sleep so they don't drift apart.
- Polar Bears can eat as many as 86 penguins in a single sitting. (If they live in the same place.)
- Movie trailers were originally shown after the movie, which is why they were called "trailers".
- An eagle can kill a young deer and fly away with it.
- Heart attacks are more likely to happen on a Monday.
- A toaster uses almost half as much energy as a full-sized oven.
- A lion's roar can be heard from 5 miles away!
- The following can be read forwards and backwards: Do geese see God?
- A baby octopus is about the size of a flea when it is born.
- A sheep, a duck and a rooster were the first passengers in a hot air balloon.
- Recycling one glass jar saves enough energy to watch tv for 3 hours.
- 95% of people text things they could never say in person.

Green Thumbs, Healthy Joints works to increase West Virginians' awareness of the joint health through assessable gardening. The program funds mini grants for accessible garden projects that increase awareness and educate West Virginians. As stated in the previous newsletter, the CCCOA was one of the lucky participants chosen to receive a grant.

Gardening is a significant food source for many and is one of the most popular hobbies among American's. However, those with arthritis and other musculoskeletal conditions, find that common gardening tasks can be challenging or impossible. While the idea of a gardening injury might seem unlikely, it's not without risk. Use of proper tools will help reduce physical impact on the body and your chances of an injury.

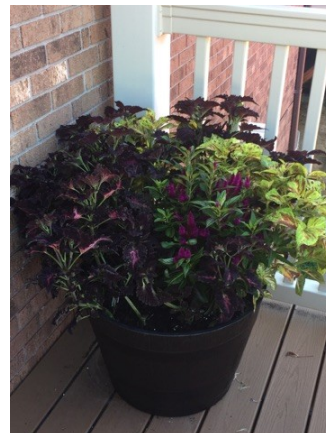
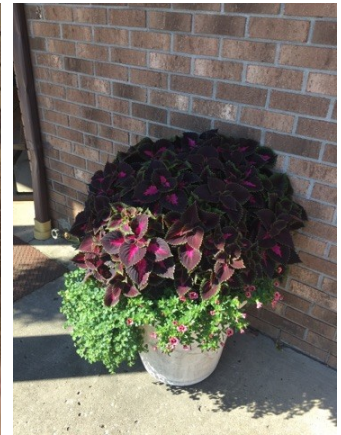
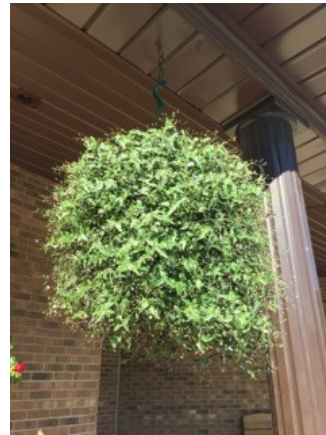
Examples:

- Use tools with long handles. This reduces bending, reducing the risk of back injuries.
- Choose the tool with the lightest weight possible but sturdy.
- Use tools with grips that are soft and non-slip.
- Remember to wear gardening gloves, this will give you a good grip and keep your hands warm and protected from blisters (especially important for those with diabetes or circulation problems).
- Choose tools that fit you without modification. Look for tools with a firm but thick handle. Tools that have a forearm brace make your forearms do some of the work and take the pressure off of the smaller finger joints, also improves wrist alignment.
- Keep your back straight and lift with your knees.
- When weeding, kneel on one knee not both. Kneeling on both causes you to round in the back.
- Bend from the hips when kneeling or sitting, not from your back as this puts pressure on your spine and discs between your spinal bones.

These are just a few examples, and as you can see making good choices can reduce the risk tremendously of an injury. There are many different types of ergonomic tools available. Choosing the one that fits you best can make your gardening experience so much more enjoyable. Here are a few examples of some ergonomic tools that you might find useful.



Remember, gardening is supposed to be relaxing and enjoyable, as well as rewarding. We would like to thank everyone who participated in this year's garden projects and hope that you will continue to participate in the ongoing projects. We truly appreciate your hard work, commitment and enthusiasm.



DAY TRIP!

August 24, 2017
\$ 10.00 per person

Depart CCCOA @ 8:30 am
Berdine's Five & Dime @ 9:00 am
Arrive at Arlo's @ 10:00 am
Subway @ 11:30 am for lunch

(Lunch will be at your own expense)

Board bus @ 12:30 pm and travel to North Bend where we will take a drive thru tour of the park and stop at the gift shop.
2:00 pm start trip back to the CCCOA arriving around 3:00 pm

Inquiries contact Samantha Cowan @ 304-354-7017



August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2% Milk & Margarine Served Daily	1 Roasted Beef Mashed Potatoes Broccoli Pineapples Whole Wheat Bread	2 Seasoned Pinto Beans Onions Chopped Green Beans Mandarin Oranges Baked Custard Cornbread Craft Day	3 Seasoned Oven Baked Chicken Long Grain Brown Rice Spinach Mixed Fruit Whole Wheat Bread	4 Baked Flounder w/ lemon sauce Springtime Pasta Stewed Tomatoes Grapes Whole Wheat Bread
7 Vegetable Cottage Cheese Salad Potatoes Spiced Peaches Whole Wheat Bread	8 Spaghetti w/Meat Sauce Tossed Green Salad Pear Halves Whole Wheat Garlic Toast Planning Committee Meeting	9 Chicken Salad Whole Wheat Bread Cream of Spinach Soup Watermelon Attorney General Rep.	10 Meat Loaf Scalloped Potatoes Broccoli Purple Plums Whole Wheat Bread Spencer Shopping Trip	11 Seasoned Lima Beans Cornbread Cucumbers & Onions Salad Peachy Crisp Genesis Bingo
14 Barbecue Chicken Potato Salad Green Beans Pineapples Whole Wheat Bread	15 Salmon Patty Parsley Noodles Mixed Field Greens Oranges Whole Wheat Bread	16 Pork Chop Potatoes Broccoli Fruit Cocktail Whole Wheat Bread WV Cares Screening Craft Day	17 Turkey Breast Cornbread Stuffing Green Beans Cantaloupe Whole Wheat Bread West Fork Bowling Trip/Shopping Trip	18 Sloppy Joe on Whole Wheat Bun Raw Vegetable Salad Peaches Genesis Bingo
21 Vegetable Soup Tomato Stuffed with Tuna Salad Apple Whole Wheat Roll	22 Chicken Italiano Spaghetti w/ Marinara Yellow Squash Pears Whole Wheat Bread	23 Savory Black Beans Devilled Eggs Tossed Green Salad Strawberries Cornbread	24 Salisbury Steak W/ Brown Gravy Long Grain Brown Rice Peas Oranges Whole Wheat Bread Berdine's Trip	25 Lasagna Spinach Mushroom Salad Whole Wheat Garlic Toast Applesauce Medicare Presentation
28 Oven Fried Fish Boiled Potatoes Buttered Carrots Stewed Prunes Whole Wheat Bread Board Meeting	29 Baked Steak w/Onions & Peppers Cooked Rice Sweet Corn Fruit Medley Whole Wheat Bread	30 Roasted Chicken Cauliflower Polonaise Green Beans Apricots Whole Wheat Bread Birthday Dinner	31 Seasoned Pinto Beans Onions Cornbread Herb Seasoned Spinach Casserole West Fork Birthday Dinner	Menu Subject To Change Without Notice

Congregate Nutrition Program

Hot, nutritious meals are provided Monday through Friday at 11:30 a.m. at 105 Market Street, Grantsville, WV 26147.

Donation scale is as follows:

- 60 and over, or disabled
- Monthly income \$700.00 or less- \$1.25
- \$701.00-\$800.00 - \$1.50
- \$801.00 - \$900.00 - \$1.75
- \$901.00 and above - \$2.00

Under 60 yrs of age \$5.25

Homebound residents can receive meals delivered to their home through the Meals on Wheels program. Please call 304-354-7017 and ask for Cindy Cottrell for more information.

Ensure Program

Pick up times are from 8:00 am to 3:00 pm
Please call 304-354-7017 and ask for Cindy Cottrell, to check availability of flavors and quantity.



Fitness Room

The CCCOA has a wonderful fitness room available to those 60 and older, or disabled.

Hours of operation
Monday - Friday
8:00 am -2:30 pm



If you would be interested in volunteering to teach an exercise class, please call 304-354-7017.

EMPLOYMENT OPPORTUNITY

Are you a caring individual searching for a position in the health care industry?

The CCCOA is accepting applications for our in-home care programs. You must be 18 years of age to apply, have reliable transportation, and be able to pass a state and federal background check. We provide CPR/First Aid Training, OSHA, HIPPA, Elder Abuse, and various other in-home care training for our caregivers.

Inquiries please call 304-354-7017, and ask for Opal Harris.



Do you need assistance in your own home?

The Calhoun County Senior Center has several programs to provide in-home services including: Lighthouse, Respite, Medicaid Waiver, Personal Care, Veterans and Private Pay.

Our In-Home Personal Care Programs provide hands-on services to those whom are medically and financially eligible. Determination of eligibility is based on the completion of a medical assessment. Once guidelines are reviewed and eligibility is determined, the client will be provided with a personal care provider.

Our staff is dedicated to our clients' well-being and to keeping them healthy and in their home for as long as possible. Aides are trained in CPR, and First Aid, and it is mandatory that our caregivers attend classes for continuing health education.

In addition, all our aides receive a state-to-state background check and fingerprinting check.

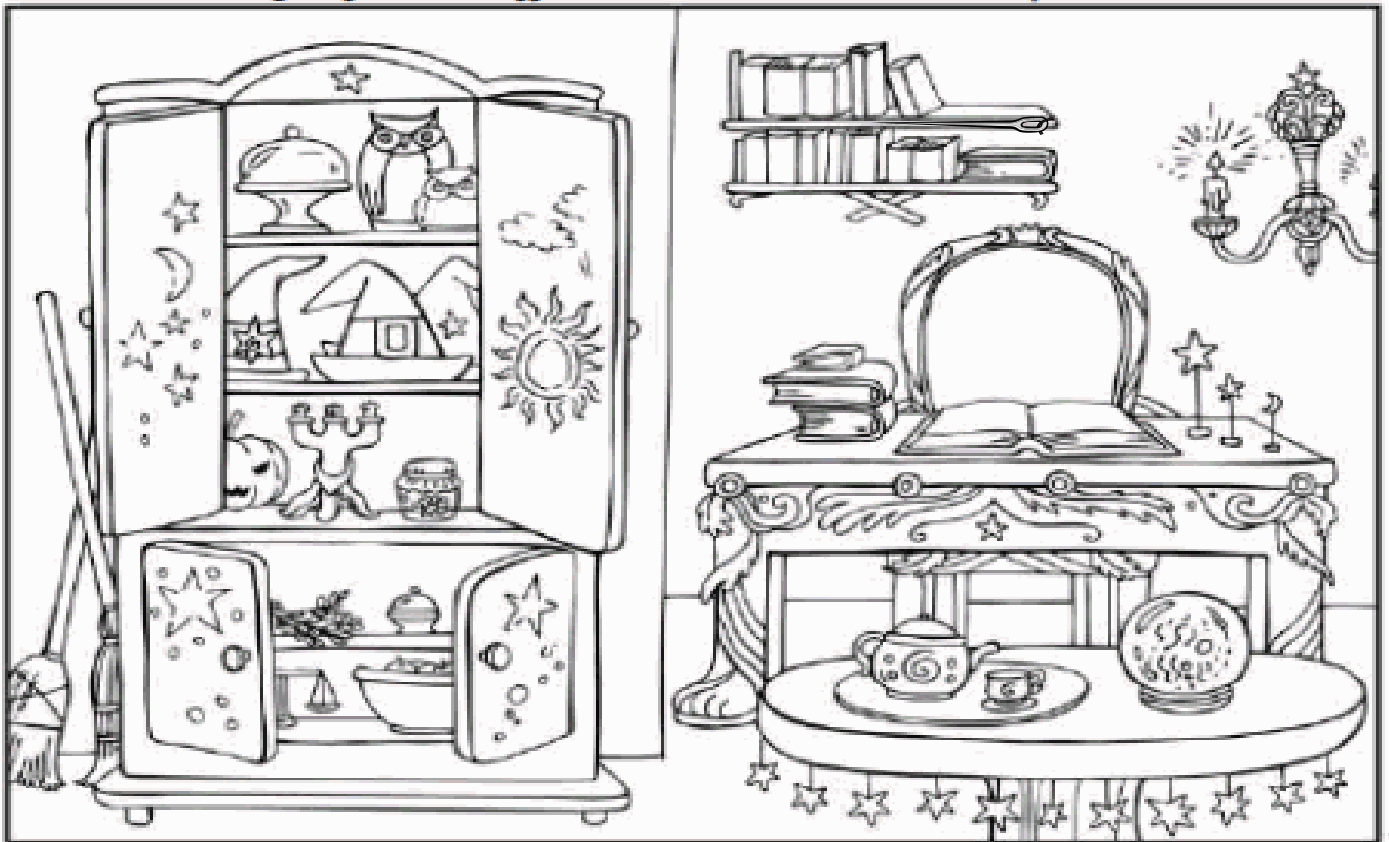
If you or a friend or loved one are in need of services, please give us a call. We are here to be at your service. Do not hesitate to ask questions about eligibility or guidelines.

For more information and assistance please call Opal Harris,
In-Home Services Coordinator
@ 304-354-7017.

Email: oharris@cccoa-wv.org or stop by the
Calhoun County Committee on Aging
located at
105 Market Street, Grantsville, WV 26147

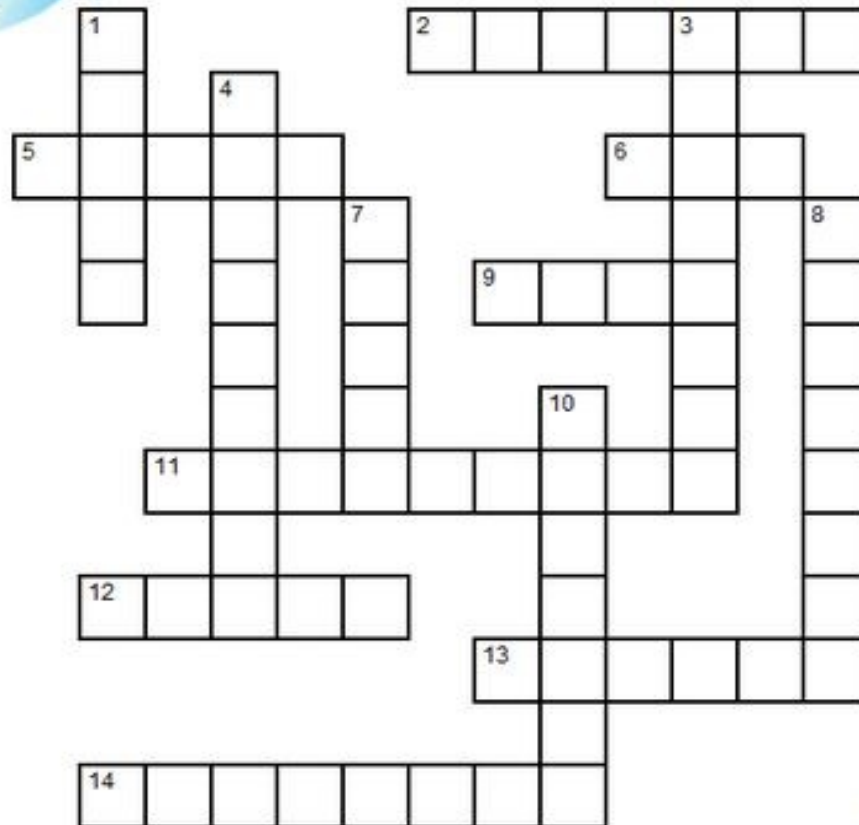


Can you find 15 differences between these two pictures?





Ocean Animals



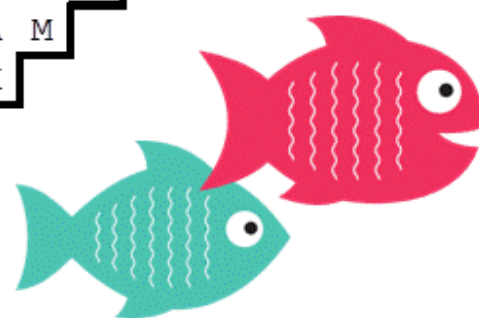
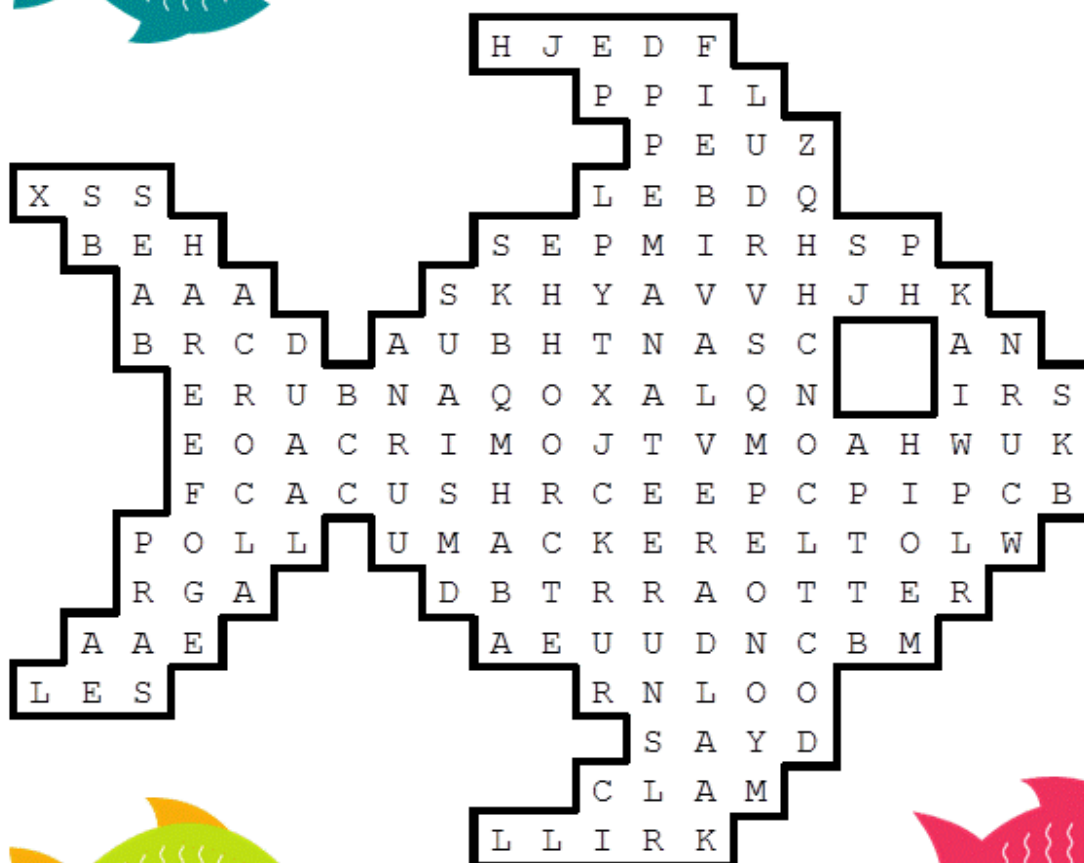
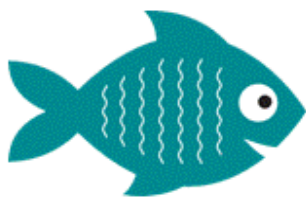
ACROSS

2. fat layer that keeps some marine mammals warm
5. fish use these to breathe oxygen from the water
6. name for a group of whales
9. ocean dwellers that lay eggs and have bones
11. what a shark has instead of bones
12. a shark has several rows of these
13. what younger whales are called
14. marine animals with soft bodies and no backbone

DOWN

1. small creatures that look like shrimp
3. how a whale or dolphin breathes
4. largest animal in the world
7. bioluminescent animals make their own
8. clams, oysters and scallops are all ...
10. ocean dwellers that birth live babies and nurse their young

Under the Sea Word Search



ALGAE
BARRACUDA
BASS
BIVALVE
CLAM
COD
CONCH
CORAL
CRAB
DIATOMS
DOLPHIN

EEL
KELP
KRILL
MACKEREL
MANATEE
OCEAN
OCTOPUS
ORCA
OTTER
RAY
REEF

SEA CUCUMBER
SEAL
SHAD
SHARK
SHRIMP
SNAIL
SQUID
TUNA
URCHIN

CCCOA Business Page

Executive Director: Rick Poling

Board of Directors

- Roger Jarvis— President
- Pamela Gainer— Vice-President
- Dottie Rader— Secretary
- Edward Lawaty— Treasurer
- Launa Butler
- Carroll McCauley
- Barbara Roberts
- Patti Hicks
- Roberta Wilson



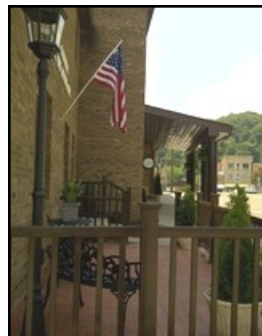
The CCCOA Board of Directors meet the fourth Monday of each month at CCCOA. Interested citizens are always welcome at board meetings and encouraged to attend.

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 |

And much more, Contact CCCOA to learn what is available for you.

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.

Grantsville Center
105 Market Street
Grantsville, West Virginia 26147

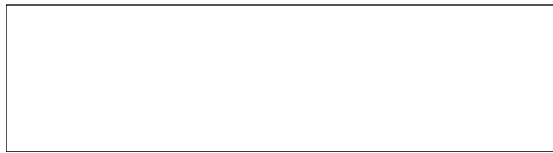
Hours: 7:30am - 3:30pm
Monday through Friday
Phone: 304.354.7017
Fax: 304.354.6859
Mailing: Post Office Box 619
Grantsville, WV 26147



West Fork Center
121 Milo Road
Minnora, West Virginia 25261

Hours: 9:00am - 2:00pm
Monday, Tuesday, Thursday
Phone: 304.655.8805
Fax: 304.354.8805
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
Email: office@cccoa-wv.org



Calhoun County Committee on Aging Inc.