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# CCCOA NEWS

Calhoun County Committee on Aging  
 Post Office Box 619  
 Grantsville, WV 26147  
 Phone: 304-354-7017 Fax: 304-354-6859

## February

### Dates To Remember

- Feb. 1st "Exercise with Erin" 9:30-10:00 am
- Feb. 5th "Exercise with Erin" 9:30-10:00 am
- Feb. 7th Diabetes Footwear Presentation 10:30-11:00 am  
RHC Bingo 11:00-11:30 am
- Feb. 8th "Exercise with Erin" 9:30-10:00 am  
Spencer Shopping Trip Depart @ 8:30 am  
Cost \$8 from Center, \$10 from Home  
**TRIP MUST BE PAID AT TIME OF RESERVATION**
- Feb. 12th "Exercise with Erin" 9:30-10:00 am
- Feb. 13th Valentine's Day Celebration @ West Fork
- Feb. 14th Valentine's Day Celebration@ Grantsville  
Prize for best Valentine Attire- Sweethearts Chosen
- Feb. 15th "Exercise with Erin" 9:30-10:00 am
- Feb. 16th Genesis Bingo 11:00-11:30 am  
Hospice Screenings 10:30 am
- Feb. 19th **CENTER CLOSD FOR PRESIDENT'S DAY**
- Feb. 21st Choir 10:30-11:00 am  
**CRAFTS 9:00-10:30 am**
- Feb. 22nd "Exercise with Erin" 9:30-10:00 am  
Covered Dish Birthday Dinner @ West Fork
- Feb. 23rd SHIP Rep. 10:45 am
- Feb. 26th "Exercise with Erin" 9:30-10:00 am  
Board Meeting 2:30 pm
- Feb. 28th Covered Dish Birthday Dinner @ Grantsville  
Musical Entertainment Provided 10:30-11:30 am

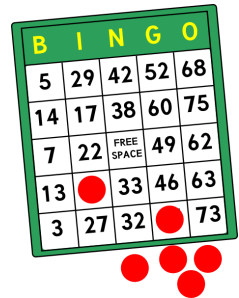
# Happy

# VALENTINE'S

➡➡➡ DAY ➡➡➡

# February 2018 Grantsville Events

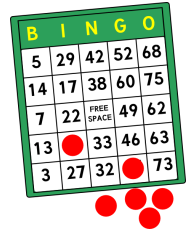
- Feb. 1st Thurs. "Exercise with Erin" 9:30-10:00 am  
Feb. 2nd Fri. "Healthy Me"  
National Wear Red Day
- Feb. 5th Mon. "Exercise with Erin" 9:30-10:00 am
- Feb. 7th Wed. Diabetes Footwear Presentation 10:30-11:00 am  
RHC Bingo 11:00-11:30 am
- Feb. 8th Thurs. "Exercise with Erin" 9:30-10:00 am  
Spencer Shopping Trip Depart @ 8:30 am  
Cost \$8.00 from Center; \$10.00 from Home  
TRIP MUST BE PAID AT TIME OF RESERVATION!
- Feb. 12th Mon. "Exercise with Erin" 9:30-10:00 am
- Feb. 14th Wed. Valentine's Day Celebration  
Prize for best Valentine's Attire—Sweethearts Closed
- Feb. 15th Thurs. "Exercise with Erin" 9:30-10:00 am
- Feb. 16th Fri. Genesis Bingo 11:00-11:30 am  
Hospice Screenings 10:30 am
- Feb. 19th Mon. CENTER CLOSED FOR PRESIDENT'S DAY
- Feb. 21st Wed. Choir 10:30-11:00am  
"Crafts" 9:00-10:30 am
- Feb. 22nd Thurs. "Exercise with Erin" 9:30-10:00 am
- Feb. 23rd Fri. SHIP Rep. 10:45 am
- Feb. 26th Mon. "Exercise with Erin" 9:30-10:00 am  
Board Meeting 2:30 pm
- Feb. 28th Wed. Covered Dish Birthday Dinner  
Musical Entertainment Provided 10:30-11:30 am  
No Bingo Will Be Played Today!



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

# February 2018 West Fork Events

- Feb. 1st Thurs. RHC Bingo 10:00-10:30 am  
Cards & Games 10:30-11:30 am
- Feb. 5th Mon. Cards, Games, Crafts 10:30-11:30 am
- Feb. 6th Tues. Cards, Cookbook work & Games 10:30-11:30 am
- Feb. 8th Thurs. Cards & Games 10:30-11:30 am
- Feb. 12th Mon. Cards, Games, Crafts & Cookbook work 10:30-11:30 am
- Feb. 13th Tues. Cards & Games 10:30-11:30 am  
Valentine's Day Party 10:30-11:30 am
- Feb. 15th Thurs. Cards & Games 10:30-11:30 am
- Feb. 19th Mon. CENTER CLOSED FOR PRESIDENT'S DAY
- Feb. 20th Tues. Cards & Games 10:30-11:30 am
- Feb. 22nd Thurs. Hospice Screenings 10:00-10:30 am  
Entertainment/Birthday Dinner 10:30-11:30 am
- Feb. 26th Mon. Cards, Games, Crafts & Cookbook work 10:30-11:30 am
- Feb. 27th Tues. Cards & Games 10:30-11:30 am



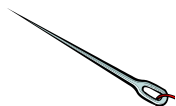
**Exercise 9:00-9:30 am / Socializing from 9:30-10:00 am daily unless otherwise stated.**  
**Bingo will be played daily from 10:00-10:30 am unless otherwise stated.**

## **\*Find the Needle\***

There was no needle in last months newsletter.  
However, it's back....



**Actual needle size**



## February Birthdays

- Clara Roberts Feb. 1
- Ronald Gordon Feb. 2
- Joann Stull Feb. 3
- Wanda Carpenter Feb. 4
- Robert Sturms Feb. 7
- Romaine Walburn Feb. 8
- Velcia Stevens Feb. 9
- Beulah Kerby Feb. 9
- Brian Lamont Feb. 12
- Leo Hicks Feb. 13
- Stephen Miller Feb. 15
- Sam Nicholson Feb. 23
- Loretta McCormick Feb. 24
- Edna Ward Feb. 27



### **Celebrating January Birthdays:**

Seated: Norma Gumm  
 Standing: Carol Cozart and Doris Smarr

## CCCOA Employee

- Edward Lawaty 2**
- Dawn Fox 10**
- Donna Nichols 13**
- Terra Foster 21**
- Carol Kanalley 22**
- Brenda Ackley 26**



Birthday Dinner  
 provided by:

Sherry  
 Wade





January Birthday Girl  
Jessie Hickman

Happy Birthday Jessie!

December Birthday:  
Eugene Parsons

Happy Birthday Eugene! We appreciate your company and all the entertainment you provide at the center.



Birthday Dinner  
Entertainment:

Eugene Parsons &  
Randy Wilson

Never brag... ever...ever. You know the old sayings- “what goes around comes around” and “watch out or it will bite you in the you know what?!” All that is just called karma, and boy did I get some. I listened to everybody complaining about frozen pipes, electric problems or scraping windshields on their cars in the January freeze and I smiled smugly. I said, “since we have an old house and we do have cold floors and the furnace running all the time, we didn’t have anything frozen.” YET.

But on the night of January 16th, it bit me big time. I finish washing, rinsing, and putting my dishes on the right side of my double bowl stainless steal sink. I had the left side full of hot soapy water, so I decided to soak the containers that I feed the chicken with. I piled them in the sink and went to bed.

When I got up Wednesday morning I went to the sink and pulled out the stopper. What? Quiet. Nothing. The water is supposed to be going down the drain. It didn’t. RATS! NUTS! POOEY! I got a bucket and bailed out the left side. It took me five trips back and forth to the laundry tub. I dried the sink out and went to take my dishes out of the right side. YUK! POOJ! BLAH! Dirty water on my clean dishes.

I had put the chicken dishes in the empty bucket and rinsed them in the laundry room. They were on a towel and drying on top of the dryer. Now for my not so clean dishes. I put them on the left side and bailed out the right side. Dried the sink out. Tried the plunger. Not a sound. Phooey. So, I ran some water on the right side and rewashed my washed dishes. I had to run water to wash them, so the sink was full again, but it wasn’t stinky water. So, Wednesday was wash, bale, plunge, nothing.

Frank had a VA appointment on the Thursday, so I didn’t have many dishes until supper. My good buddy and neighbor called me on Thursday (as she already knew about my dilemma) and said a fellow we knew was up at her son’s house and could come and look at my sink. He did but couldn’t find the outside pipe because of snow. But he said that it was frozen not clogged. So, Thursday it was wash, bale, and dry the sink again. Frank said that we would go to town to get something to work. I think that he was tired of watching me bale and haul buckets back and forth. I called Hardman’s and they had something. We bought it at \$8.99 plus tax, came home. Frank knew where the pipe was. We came in the house, put the \$8.99 plus tax bottle in the sink and the sink was empty! YAY!! I got the plunger and sure enough I heard the noise. I ran water and it went down. We figured that the reservoir under the house was frozen and as soon as it warmed up a little it let loose.

So never say never...I won’t.

No wooly worm yet.

Happy valentine’s day.

‘til next month  
~Judy~





**Winner of the Cake Baking Contest:  
Alta Mae Richards**

## Contributors

We appreciate your thoughtfulness and caring gestures.  
You are invited to help support the services and activities provided by the CCCOA. If you would like to help, please complete this form and send it along with your tax deductible contribution to:

Calhoun County Committee On Aging  
P.O. Box 619  
Grantsville, WV 26147

*Gift of Love*



Please indicate where you would like your contribution used:

- Nutrition Program
- Transportation Program
- Activities
- Unspecified

In Loving Memory Of: \_\_\_\_\_

\_\_\_\_\_  
You may choose to remain anonymous!



## Strawberry Mousse Cheesecake Parfaits

Prep Time: 30 minutes

Yield: 8 - 5 ounce dessert cups

Layers of no bake cheesecake, cookies, and pie filling make these Strawberry Mousse Cheesecake Parfaits a fun and easy treat to make for your loved ones.

### Ingredients

8 Oreo cookies  
 1 cup heavy whipping cream  
 1/4 cup powdered sugar  
 1 - 8 ounce package cream cheese  
 2 Tablespoons sugar  
 1 cup diced strawberries  
 2 Tablespoons hot water  
 1 packet unflavored gelatin  
 1 - 21 ounce can strawberry pie filling  
 mini Oreos  
 wafer cookies  
 sprinkles

### Instructions

Crush the cookies. Spoon the crumbs evenly into the bottoms of 8 - 5 ounce dessert cups.

Beat the heavy whipping cream and powdered sugar until stiff peaks form. Refrigerate until needed.

Beat the cream cheese and sugar until creamy.

Place the strawberries in a food processor and puree. Add the hot water and gelatin and pulse again.

Beat the pureed strawberries into the cream cheese mixture until creamy. Fold in 1/2 cup of the whipped cream gently.

Divide the strawberry cheesecake evenly into the dessert cups. Use the back of a spoon to spread the mixture out flat.

Open the pie filling. Use a fork to break apart the bigger berries. Spoon the pie filling onto the top of the cheesecake.

Use a piping bag and icing tip 1M to pipe the remaining whipped cream on top of the parfaits. Refrigerate at least 1 hour to let the mixture set up. Add cookies and sprinkles right before serving.

<https://insidebrucrewlife.com/2017/01/strawberry-mousse-cheesecake-parfaits/>



## Mint Cheesecake

### CRUST

1 cup chocolate cookie crumbs mixed with 4 tablespoons melted butter

### MINT CHEESECAKE

1 package 1/3 less fat cream cheese (room temp)

1/2 cup fat free yogurt (I use Fage yogurt)

2 eggs (room temp)

1/2 cup sugar

2 Tablespoons flour

1 teaspoon vanilla

4 Tablespoons Creme de Menthe

Preheat oven 325

Place cookie crumb mixture in bottom of pan, press firmly.

Beat cream cheese with yogurt. Add in sugar and flour mix until well blended. Add one egg at a time, beating just until incorporated. Stir in vanilla and Creme de Menthe by hand.

The mini cheesecakes baked for about 20 minutes. They began to crack a bit, but I think it was due to them being individual, they were not dry. The batter made 12 mini cheesecakes and one 4 in cheesecake.

<https://www.createdby-diane.com/2011/03/mini-mint-cheesecakes-shamrocks-for-st-patricks-day.html>



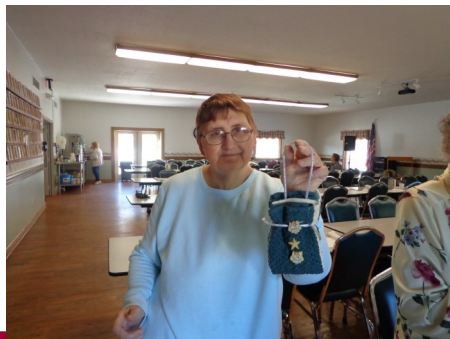


## Upcoming Day Trips!

Spencer Shopping Trip ~ February 8th

For further details contact Cindy Cottrell @ 304-354-7017.

Seating is limited, we ask that you pay for the trip when signing up.



## Interesting Valentine's Day Facts

### When did it all start?

There are various theories on the origin of Valentine's Day, but the most popular dates back to the time of the Roman Empire during the reign of Claudius II, 270 A.D. Claudius didn't want men to marry during wartime because he believed single men made better soldiers. Bishop Valentine went against his wishes and performed secret wedding ceremonies. For this, Valentine was jailed and then executed by order of the Emperor on Feb. 14. While in jail, he wrote a love note to the jailor's daughter, signing it, "From your Valentine." Sound familiar?

### More Valentine's Day-related history...

The ancient Romans celebrated the Feast of Lupercalia on Feb. 14 in honor of Juno, the queen of the Roman gods and goddesses. Juno was also the goddess of women and marriage.

Many believe the X symbol became synonymous with the kiss in medieval times. People who couldn't write their names signed in front of a witness with an X. The X was then kissed to show their sincerity.

Girls of medieval times ate bizarre foods on St. Valentine's Day to make them dream of their future spouse.

In the Middle Ages, young men and women drew names from a bowl to see who would be their Valentine. They would wear this name pinned onto their sleeves for one week for everyone to see. This was the origin of the expression "to wear your heart on your sleeve."

In 1537, England's King Henry VII officially declared Feb. 14 the holiday of St. Valentine's Day.

### Chocolate

Physicians of the 1800s commonly advised their patients to eat chocolate to calm their pining for lost love.

Richard Cadbury produced the first box of chocolates for Valentine's Day in the late 1800s.

More than 35 million heart-shaped boxes of chocolate will be sold for Valentine's Day.

Over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S.

### Flowers

73 percent of people who buy flowers for Valentine's Day are men, while only 27 percent are women.

15 percent of U.S. women send themselves flowers on Valentine's Day.

### Roses

The red rose was the favorite flower of Venus, the Roman goddess of love.

Red roses are considered the flower of love because the color red stands for strong romantic feelings.

189 million stems of roses are sold in the U.S. on Valentine's Day.

California produces 60 percent of American roses, but the greater number sold on Valentine's Day in the U.S. are imported, mostly from South America.

Approximately 110 million roses, mostly red, will be sold and delivered within the three-day Valentine's Day time period.

<http://www.sheknows.com/holidays-and-seasons/articles/807655/fun-facts-about-valentine-s-day>

## St Patrick's Day History

St. Patrick's Day is the feast day of the patron saint of Ireland named St. Patrick. Patrick wasn't born Irish. He was brought to Ireland as a slave after he was kidnapped. He escaped back to Britain to be with his family. While there, a voice told him to go back to Ireland. He was ordained as a priest and spent the rest of his life working to bring Christianity to Ireland.

St. Patrick's Day is the national holiday of Ireland and we celebrate it each year on March 17 because this is the day he is rumored to have died.

People search for four leaf clovers which are very rare. Finding one is supposed to be very lucky. A shamrock is actually a three leaf clover like plant.

Legend has it that St. Patrick used the shamrock to explain the Holy Trinity (the Father, the Son, and the Holy Spirit).

The color of St. Patrick's Day is green. Ireland is known for its green shades of grass and the shamrock is green as well.

Traditionally people eat corned beef and cabbage on St. Patrick's Day although we enjoy it all year.

Some people claim that St. Patrick drove the snakes out of Ireland. However, science has proven that there never were any snakes in Ireland because of the cold climate. It is thought that the word snakes in this legend represents driving out the pagan ways when he introduced Christianity.

Irish legend says that there is a small Irish fairy called the leprechaun. He wears pointed shoes, a hat, and a leather apron. According to the legend, he's very unfriendly and lives alone in the forest guarding his pots of gold. The story says that if you find a leprechaun, he will have to tell you where is gold is hidden. If you look away for even one second, the leprechaun will disappear along with all his gold.

<https://confessionsofanover-workedmom.com/st-patricks-day-history-for-kids/>

### Valentine's Day Pretty Sweater/Outfit Contest

February 14th @ 11:00 am

The CCCOA Sweethearts will also be selected at this time!



## 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.

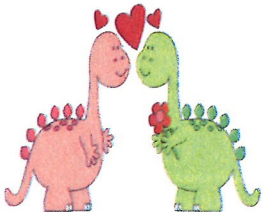

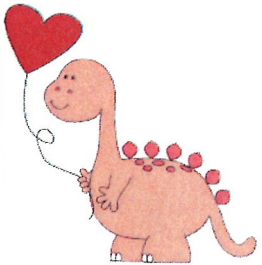
For more information and assistance please call Opal Harris,  
In-Home Services Coordinator  
@ 304-354-7017.

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



# February 2018

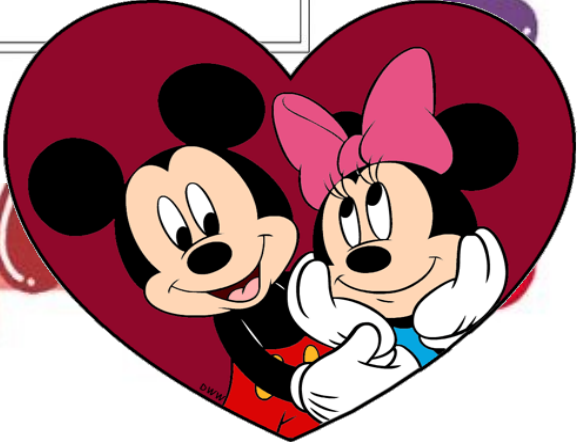


Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Menu Subject To Change Without Notice</b></p>		<p><b>1</b> Hot Ham Sandwich w/ Mayo, Lettuce Whole Wheat Bread Mama's Baked Beans Applesauce</p>	<p><b>2</b> Broccoli Soup Cherry Cobbler Crackers</p> <p><b>Wear Red Day!</b></p>
<p><b>5</b> Macaroni &amp; Cheese Chicken Tenders Spinach Beets &amp; Onions Whole Wheat Bread</p>	<p><b>6</b> Seasoned Fish Baked Potatoes Green Beans Pineapple Whole Wheat Bread</p>	<p><b>7</b> Hamburger w/Mayo, Lettuce Potatoes Banana Pudding</p> <p><b>RHC Bingo</b></p>	<p><b>8</b> Turkey a'la King Whole Wheat Biscuit Broccoli Fruit Cocktail</p> <p><b>Spencer Shopping Trip</b></p>	<p><b>9</b> Steak Mashed Potatoes Corn Juice Whole Wheat Bread</p>
<p><b>12</b> Spaghetti &amp; Meat Sauce Tossed Green Salad Pear Halves Wheat Garlic Toast</p>	<p><b>13</b> Chicken Salad Tomato Soup Whole Wheat Bread Banana Pudding</p>	<p><b>14</b> Tasty Meat Loaf Scalloped Potatoes Broccoli Whole Wheat Bread</p> <p><b>Valentine's Day Party</b></p>	<p><b>15</b> Lima Beans Cornbread Onions Peach Crisp</p>	<p><b>16</b> BBQ Chicken on a Bun Potato Salad Green Beans Canned Pineapple</p> <p><b>Genesis Bingo</b></p>
<p><b>19</b> <b>CENTER CLOSED FOR PRESIDENT'S DAY</b></p>	<p><b>20</b> Chile w/Meat and Beans Waldorf Salad Peach-Yogurt Dessert Whole Wheat Bread</p>	<p><b>21</b> Kraut, Italian Sausage Boiled Potatoes Peas Cornbread</p>	<p><b>22</b> Pinto Beans Onions Greens Cornbread Applesauce</p>	<p><b>23</b> Steak &amp; Peppers Potatoes Carrots Whole Wheat Roll Juice</p>
<p><b>26</b> Mixed Vegetable Soup Cheese Slices Crackers Peaches</p> <p><b>Board Meeting</b></p>	<p><b>27</b> Lean &amp; Light Lasagna Salad Wheat Garlic Toast</p>	<p><b>28</b> BBQ Chicken Au Gratin Potatoes Green Beans Apricots Whole Wheat Roll</p> <p><b>Grantsville B-Day Dinner</b></p>	<p><b>2% Milk And Margarine Served Daily</b></p>	

# Valentine's Day Word Search

m i a n z                    t c v u o  
 m f y l r o s e s y a a c m c  
 j v l r e h f q v d m r m s g u h  
 h t o a c m e f n z g i f t s v s  
 o s w u u r f a j d y n r e t s u  
 x j e r p s c y r n e g v l e s k  
 g r b i d p p v t n o a n k n  
 s e d r k i s s l e d k i  
 f v a l e n t i n e p  
                                  c n i f b i g  
                                  f g b k d  
                                  x f e  
                                  r

- |           |          |          |       |
|-----------|----------|----------|-------|
| love      | candy    | caring   | hugs  |
| cupid     | cards    | February | pink  |
| valentine | flowers  | red      | gifts |
| heart     | kindness | kiss     | roses |





# St. Patrick's Day

word scramble

IIRHS \_\_\_\_\_

LDOG \_\_\_\_\_

OABIRWN \_\_\_\_\_

KAPCIRT \_\_\_\_\_

ADIELRN \_\_\_\_\_

NEEPHEARCU \_\_\_\_\_

MHSOKCRA \_\_\_\_\_

HRCMA \_\_\_\_\_

YKLCU \_\_\_\_\_

ENRAGE \_\_\_\_\_

BACBAEG \_\_\_\_\_

ORLECV \_\_\_\_\_

NETESENEV \_\_\_\_\_

TISNA \_\_\_\_\_

ARDEAP \_\_\_\_\_

ACDNE \_\_\_\_\_





# 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  
 Meals on Wheels  
 Satellite Site Minnora  
 Trips and Excursions  
 Daily Activities  
 CCCOA News newsletter  
 Internet Café

Transportation  
 In-Home Care  
 Medicare Counseling  
 Book lending Library  
 Exercise Room  
 Social Support  
 Health Fairs

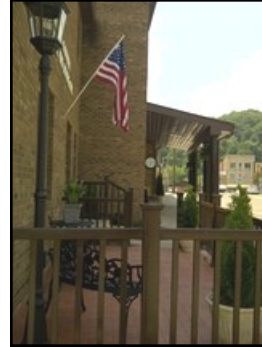
*And much more, Contact CCCOA to learn what is available for you.*

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



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.

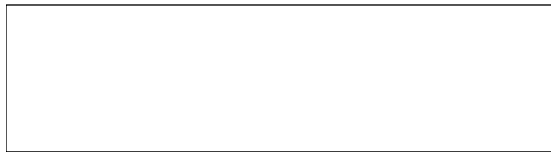
Please direct any questions or comments concerning the CCCOA NEWS to Rick Poling, Executive Director

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 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:  
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