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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	Choir Practice 10:30-11:00 am
Feb. 3rd	“Wear Red for Women’s Heart Health Day”
Feb. 6th	Healthy Me
Feb. 8th	Attorney General Rep. @10:30 am
Feb. 9th	Pettyville Shopping Trip Depart @ 8:30 am
Feb. 10th	Talking Books Presentation @ 9:30 am
Feb. 13th	Valentine’s Day Celebration
Feb. 14th	Planning Committee Meeting @ 1:00 pm
Feb. 15th	Choir Practice 10:30-11:00 am
Feb. 16th	Spencer Shopping Trip Depart @ 8:30 am
Feb. 20th	CENTER CLOSED FOR PRESIDENT’S DAY
Feb. 22nd	Covered Dish Birthday Dinner Musical Entertainment Provided 10:30-11:30 am No Bingo Will Be Played Today!
Feb. 24th	SHIP Counselor @10:45 am
Feb. 27th	Board Meeting @ 2:30 pm



# February 2017 Grantsville Events

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CCCOA NEWS

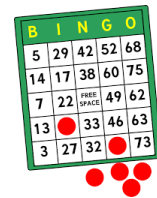
- Feb. 1st      Choir Practice 10:30-11:00 am
- Feb. 3rd      “Wear Red for Women’s Heart Health Day”  
Sponsored by the American Heart Association
- Feb. 6th      Healthy Me
- Feb. 8th      Choir Practice 10:30-11:00 am  
Attorney General Rep @ 10:30 am
- Feb. 9th      Pettyville Shopping Trip Depart @ 8:30 am  
Cost \$12 from Center, \$15 from Home  
TRIP MUST BE PAID AT TIME OF RESERVATION!
- Feb. 10th     Talking Books Presentation @ 9:30 am
- Feb. 13th     Valentine’s Day Celebration
- Feb. 14th     Planning Committee Meeting @ 1:00 pm
- Feb. 15th     Choir Practice 10:30-11:00 am
- Feb. 16th     Spencer Shopping Trip Depart @ 8:30 am  
Cost \$8 from Center, \$10 from Home  
TRIP MUST BE PAID AT TIME OF RESERVATION!
- Feb. 20th     CENTER CLOSED FOR PRESIDENT’S DAY
- Feb.22nd     Covered Dish Birthday Dinner  
Musical Entertainment Provided 10:30-11:30 am  
No Bingo Will Be Played Today!
- Feb. 24th     SHIP Counselor 10:45 am
- Feb. 27th     Board Meeting @ 2:30 pm



**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.**

# February 2017 West Fork Events

- Feb. 2nd      Cards & Games 10:30-11:30 am
- Feb. 6th      Cards, Games, Crafts & Line Dancing 10:30-11:30 am
- Feb. 7th      Cards & Games 10:30 - 11:30 am
- Feb. 9th      Cards & Games 10:30 - 11:30 am
- Feb. 13th     Cards, Games, Crafts & Line Dancing 10:30-11:30 am
- Feb. 14th     Cards & Games 10:30 - 11:30 am  
Valentine's Day Party 10:30 - 11:30 am
- Feb. 16th     Bowling Trip
- Feb. 20th     CENTER CLOSED FOR PRESIDENT'S DAY
- Feb. 21st     Cards & Games - Make Popcorn - 10:30 -11:30 am
- Feb. 23rd     Hospice Screenings 10:00 - 10:30 am  
Entertainment/Birthday Dinner 10:30 - 11:30 am
- Feb. 27th     Cards, Games, Crafts & Line Dancing 10:30 - 11:30 am
- Feb. 28th     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\***

Last months needle was  
on page 13.  
Actual needle size



## February Birthdays

James Yoak 1st  
 Clara Roberts 1st  
 Ronald Gordon Sr. 2nd  
 Joann Stull 3rd  
 Wanda Carpenter 4th  
 Romaine Walburn 8th  
 Leo Hicks 13th  
 Stephen Miller 15th  
 Glen Fowler 17th  
 Sharon Lane 21st  
 Dorotha Horton 22nd  
 Carol Kanalley 22nd  
 Joann Ward 27th



**Celebrating December Birthdays at the Grantsville CCCOA:**  
 Carol Cozart and Julia Ray

Happy  
 Birthday

### CCCOA Employees



Edward Lawaty 2nd  
 Doreen Doolittle 8th  
 Donna Nichols 13th  
 Carol Kanalley 22nd  
 Brenda Ackley 26th



**Birthday Dinner Entertainment at the Grantsville CCCOA:**

Three N One



Thank you Hazel Tingler for teaching this months craft class. It looks as if everyone had a wonderful time.  
Please check our bulletin board and newsletter for future craft dates.



**Pie Contest Winner:**  
**Best Appearance:**  
Alta Mae Richards,  
**Best Taste:** Alta Mae Richards.  
**Special thanks to pie makers -**  
Alta Mae Richards,  
Violet Williams & Patty Sims  
and judge Brenda Sisson.



## Senior citizens with Medicare get lots of Benefits from Obamacare

12 million saved \$26 billion on drugs; 40 million got free preventive services last year.

January 27, 2017 – There was such a barrage of Republican attacks on Obamacare before it ever got off the ground that it has prevented many – maybe most – from even knowing what it does. Senior citizens, for example, are probably unaware that it lowered their drug prices and established new free preventive services. It saved twelve million on Medicare \$26 billion on drugs since 2010 and over 40 million used the free preventive services just last year.

The Department of Health and Human Services recently released new information that shows how the Affordable Care Act helps senior citizens.

It shows more than 11.8 million Medicare beneficiaries have received discounts over \$26.8 billion on prescription drugs – an average of \$2,272 per beneficiary – since the enactment of the Affordable Care Act.

In 2016 alone, over 4.9 million seniors and people with disabilities received discounts of over \$5.6 billion, for an average of \$1,149 per beneficiary. This is an increase in savings compared to the 2015 information released this time last year, when 5.2 million Medicare beneficiaries received discounts of \$5.4 billion, for an average of \$1,054 per beneficiary.

Medicare beneficiaries also continue to take advantage of certain recommended preventive services with no coinsurance:

An estimated 40.1 million people with Medicare (including those enrolled in Medicare Advantage) took advantage of at least one preventive service with no co-pays or deductibles in 2016, slightly more than in 2015.

More than 10.3 million Medicare beneficiaries (including those enrolled in Medicare Advantage) took advantage of an Annual Wellness Visit in 2016. Looking just at original Medicare, nearly one million more people utilized an Annual Wellness Visit in 2016 than 2015 (more than 6.6 million compared to nearly 5.8 million).

"While the Affordable Care Act has expanded coverage to 20 million Americans, the law is also a game changer for millions of older Americans," said Centers for Medicare & Medicaid Services (CMS) Acting Administrator Andy Slavitt.

"These benefits are providing seniors and people with disabilities with Medicare coverage increased financial security and the guarantee that they can get an important preventive screening without cost to them."

The Affordable Care Act provides tools – such as providing certain recommended preventive services at no cost sharing and closing the Medicare Part D “donut hole” – to make our health care system more affordable for patients and move it toward one that rewards doctors based on the quality, not the quantity of care they give patients.

In addition, Medicare exceeded – earlier than predicted – the Obama Administration’s goal to tie more than 30 percent of fee-for-service payments by the end of 2016 through alternative payment models to quality and cost metrics. Medicare is on pace to reach 50 percent by the end of 2018.

### Closing the prescription drug “donut hole”

The Affordable Care Act makes Medicare prescription drug coverage more affordable by gradually closing the gap in coverage during which beneficiaries had to pay the full cost of their prescriptions out of pocket, after hitting their initial coverage limit, and before catastrophic coverage for prescriptions took effect. The gap is known as the donut hole. Because of the Affordable Care Act, the donut hole has been narrowing each year, and will be closed by 2020.

Because of the health care law, in 2010, anyone with a Medicare prescription drug plan who reached the prescription drug donut hole received a \$250 rebate. In 2011, beneficiaries in the donut hole began receiving discounts and savings on covered brand-name and generic drugs. People with Medicare Part D who are in the donut hole in 2017 will receive discounts and savings of 60 percent on the cost of brand name drugs and 49 percent on the cost of generic drugs.

<http://seniorjournal.com/NEWS/Medicare/2017/20170127-Senior-citizens-with-Medicare-get-lots-of-benefits-from-Obamacare.htm>

I had a request to write my February Soap Box column about (ready for this?) my “shiner.” The request came from Miss Cindy C. herself. So, here goes.

First of all, it wasn't on my eye but on my cheek bone below my eye. It wasn't black and blue but a pretty plum color. Luckily, I did not crack the bone.

Back to the story- Everybody I met or knew gave me a funny look. After the look came the “what happened to you?” question. Of course, they all asked if I fell but what they really wanted to ask was did my husband hit me. Well, anybody who knows me knows that ain't happening. So, when Kevin Kanalley said to me, “Hey, Judy, if you look like that what does Frank look like?”

I replied, “If Frank did this (as I pointed to my bruise) one of two things would be happening. Either Frank would be dead as I know where the guns all are or he would be in jail!!” Then I said, “Call my house and ten bucks says that Frank will answer.”

Now, as to how it really happened. We have a cat that lives in our barn. My husband discovered her years ago. He came in one day and said, “We have a cat in the barn.”

I said, “No we don't.”

He said, “Yes we do.”

So I went out to the barn and looked. Nothing. Frank still insisted that we have a cat. I looked again. Nothing. But one day I called, “kitty –kitty.” And got an answer. I have been feeding her twice a day since then. Her name is Fuzz Buzz Maguzz. She's a funny cat.

Our barn is two stories with cracks in between the boards. That means hay has a tendency to fall down and land in her food and water bowl. It makes her cranky when that happens. We came up with Plan B to put a piece of plywood over half of the wheelbarrow and handles to protect her food from the falling hay. On that particular day, I had a hood on so my peripheral vision was blocked. I put the food and water dishes down, stood up and decided to straighten out her bed in the tote beside the wheelbarrow. I bent down quickly and smacked my face on the wheelbarrow handle. I won't tell you what I said but it was close to “OH, CRAP! I'm going to have a bruise.” And boy did I.

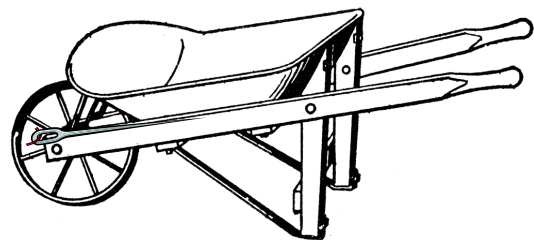
I told my son that it took me 81 years, 4 months and 17 days to get my first “shiner.”

And he said, “Why didn't you wait until you were 82, and round it off?” Go figure.

Well, that's my story and I'm sticking to it.

'Til next month. Happy Valentine's Day to all.

~Judy ~





## Filet Mignon

Ingredients: 2 (8 ounce) beef tenderloin steaks, cut 1 inch thick  
2 teaspoons olive oil  
1/4 teaspoon onion powder  
Salt and pepper to taste  
2 tablespoons minced shallot  
2 slices bacon

### Directions:

Place oven rack in it's highest position. Set oven to Broil. Rub steaks all over with olive oil. Sprinkle with onion powder, then with salt and pepper. Wrap one slice of bacon around each steak, and secure with a toothpick. Place steaks onto a broiler pan, and broil for 5 to 7 minutes. Turn the steaks over, and sprinkle the tops with shallots. Broil for an additional 5 to 7 minutes, or until the steaks are cooked to your liking.

# Calhoun County Committee on Aging, Inc.

## February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Chicken Patty</b> <b>French Fries</b> <b>Vegetables</b> <b>Fruit</b> <b>Ww roll</b>	<b>3</b> <b>Pork BBQ</b> <b>Bake beans</b> <b>Coleslaw</b> <b>Applesauce</b> <b>Ww bun</b>	<b>4</b> <b>Sausage Gravy</b> <b>Potatoes</b> <b>Apple crisp</b> <b>Ww Biscuits</b>	<b>5</b> <b>Calico Beans</b> <b>Greens</b> <b>Fruit</b> <b>Ww cornbread</b>	<b>6</b> <b>Hot dog &amp; meat</b> <b>sauce</b> <b>Onions</b> <b>Tater tots</b> <b>Vegetable mix</b> <b>Juice</b> <b>Ww bun</b>
<b>9</b> <b>Salisbury Steak</b> <b>Mashed Potatoes</b> <b>Gravy</b> <b>Green beans</b> <b>onions</b> <b>Fruit</b> <b>Ww Roll</b>	<b>10</b> <b>Fish</b> <b>Coleslaw</b> <b>Carrots</b> <b>Ww Roll</b> <b>Juice</b>	<b>11</b> <b>Cook's Choice</b>	<b>12</b> <b>Pinto Beans w/ham</b> <b>Greens</b> <b>Onions</b> <b>Applesauce</b> <b>Ww Cornbread</b>	<b>13</b> <b>Tomato Soup</b> <b>Cheese Salad</b> <b>Sandwich</b> <b>Ww Crackers</b> <b>Fruit</b>
<b>16</b> <b>CENTER</b> <b>CLOSED</b> <b>FOR</b> <b>PRESIDENT'S</b> <b>DAY</b>	<b>17</b> <b>Italian sausage</b> <b>Kraut</b> <b>Carrots</b> <b>Ww bun</b> <b>Fruit</b>	<b>18</b> <b>Broccoli Soup</b> <b>Cheese Salad</b> <b>ww bun</b> <b>Fruit</b>	<b>19</b> <b>Bake Steak</b> <b>Mashed Potatoes</b> <b>Peas</b> <b>fruit</b> <b>Ww Roll</b>	<b>20</b> <b>Chicken Tenders</b> <b>Gravy</b> <b>Mashed Potatoes</b> <b>Carrots</b> <b>Ww Roll</b> <b>Fruit</b>
<b>23</b> <b>Pork Chop</b> <b>Mashed Potatoes</b> <b>w/Gravy</b> <b>Brussel sprouts</b> <b>Ww Roll</b> <b>Juice</b>	<b>24</b> <b>Chicken pasta</b> <b>vegetables</b> <b>Fruit</b> <b>Ww roll</b>	<b>25</b> <b>Turkey</b> <b>Dressing</b> <b>Mashed potatoes</b> <b>Green beans</b> <b>Onions</b> <b>Fruit</b> <b>Ww roll</b>	<b>26</b> <b>Hamburger</b> <b>ww Bun</b> <b>Onion/ Mayo/pickle</b> <b>Ranch Potatoes</b> <b>Banana Pudding</b>	<b>27</b> <b>Cabbage stew with</b> <b>meat, rice and</b> <b>tomatoes</b> <b>Beets</b> <b>Ww roll</b> <b>fruit</b>
<b>Menu Subject</b> <b>To Change</b> <b>Without Notice</b>		<b>2% Milk</b> <b>And</b> <b>Margarine</b> <b>Served</b> <b>Daily</b>		

## 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 Angela Yoak or 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 Angela Yoak, In-Home Services Supervisor, or Opal Harris, In-Home Services Coordinator  
@ 304-354-7017.

Email: [ayoak@cccoa-wv.org](mailto:ayoak@cccoa-wv.org) or [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

# WORD FIND PUZZLE

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

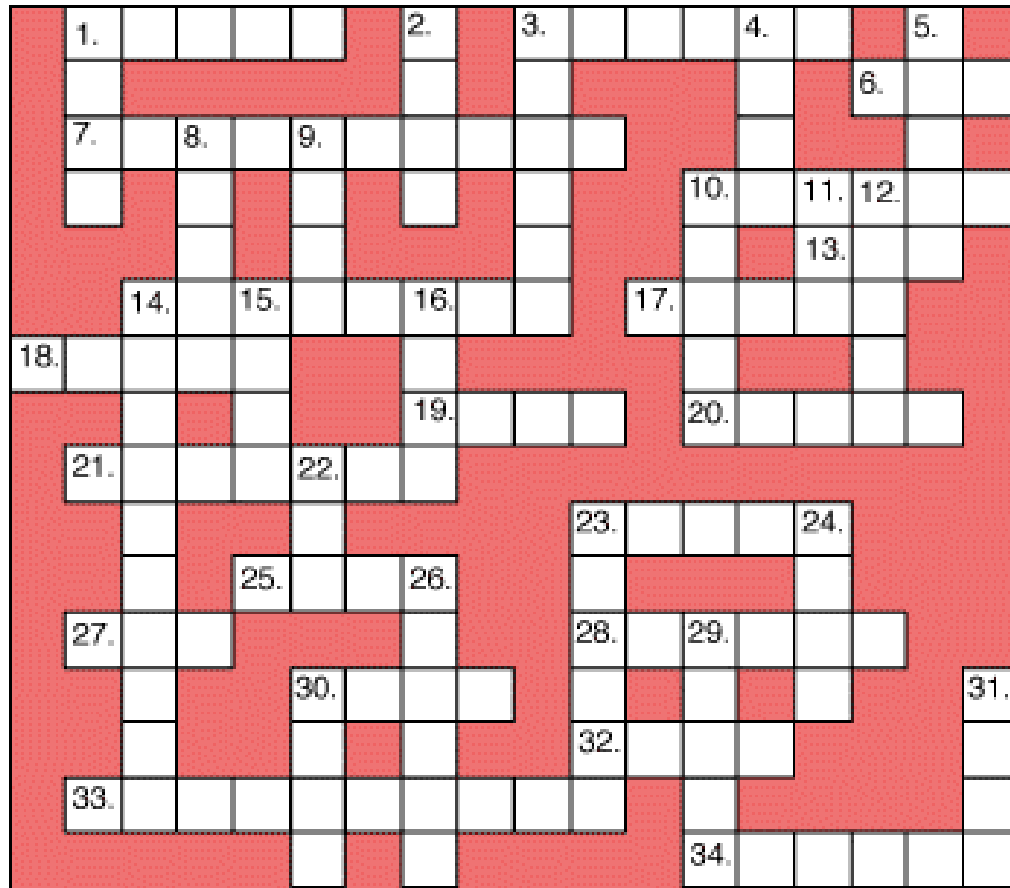
STEGOSAURUS  
 DRAGON  
 BRACHIOSAURUS  
 DINOSAUR  
 ANKYLOSAURUS  
 PLESIOSAUR  
 TREX  
 DIMETRODON  
 PROTOCERATOPS  
 TROODON

ORNITHOLESTES  
 PARASAUROLOPHUS  
 RHAMPHORYNCUS  
 VELOCIRAPTOR  
 TRICERATOPS  
 ARCHAEOPTERYX  
 STRUTHIOMIMUS  
 PTERANODON  
 SUPER CROC  
 DIPLODOCUS

## Average cost of things in the 70's

Average 1970s home price – approximately \$27,000 (prices went up through the 1970s). Annual tuition/room and board at a state university - \$400- \$1200 per year. Cost of a First Class stamp was 6 cents. Large Eggs were 59 cents per dozen. A gallon of milk was 62 cents, potatoes were 99 cents for a 10 lb bag. Gasoline was 36 cents a gallon and the average cost of a car was \$3900.00(1970) to 5500.00(1979). Whitewall tires were 13 dollars, and a quart of oil was 25 cents.

# Valentine's Crossword



## Across:

1. Opposite of boys
3. Valentine colour
6. \_\_\_\_\_ goes there?
7. St. \_\_\_\_\_ Day
10. The targets of Cupid's arrows
13. This little piggy is one
14. Valentine month
17. Tolls paid
18. \_\_\_\_\_ change, pocket money
19. Sign above door
20. Donald's girlfriend
21. Crayon maker
23. He shoots love arrows

25. Short form for animal doctors
27. Valentine's colour
28. Cupid shoots these
30. Valentine colour
32. Choose
33. Sweet valentine gifts
34. \_\_\_\_\_ admirer

## Down:

1. Bestow
2. \_\_\_\_\_ the bottle
3. Attractive
4. Frilly trim
5. Valentine colour
8. Mickey \_\_\_\_\_ Minnie
9. Close to
10. Listened

11. Past tense of eat
12. Red flowers
14. February \_\_\_\_ is Valentine's
15. \_\_\_\_ valentine.
16. Length x width
22. Single, \_\_, 2, 3, ...
23. Winners
24. Opposite of up
26. First day of the week
29. Speed contests
30. Scheme
31. Pepper \_\_\_\_\_ candy



# Valentine Word Scramble

Unscramble the following words

Happy Valentine's Day!

quteuob \_\_\_\_\_ voel ngos \_\_\_\_\_

eovl dna reshhic \_\_\_\_\_ tbes drsefni \_\_\_\_\_

veerfro \_\_\_\_\_ meernaor \_\_\_\_\_

rhetetsawes \_\_\_\_\_ nadmodi grin \_\_\_\_\_

vode \_\_\_\_\_ fcitenoaf \_\_\_\_\_

ypppu vloee \_\_\_\_\_ evlodrbisi \_\_\_\_\_

mope \_\_\_\_\_ yndca \_\_\_\_\_

oevl tretle \_\_\_\_\_ dre sreso \_\_\_\_\_

eb neim \_\_\_\_\_ kpni trnoanacsi \_\_\_\_\_

tleavnien \_\_\_\_\_ dripnhefis \_\_\_\_\_

rlewsof \_\_\_\_\_ tlaaccheoo trahe \_\_\_\_\_

dpiuc \_\_\_\_\_

l vloee uoy \_\_\_\_\_

# 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.*

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.

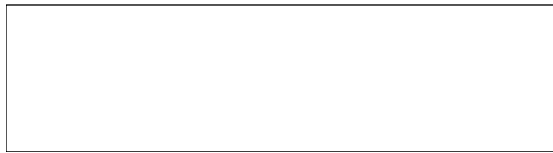
Please direct any questions or comments concerning the CCCOA NEWS to Rick Poling, Executive Director

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:  
Phone: 304-354-7017  
Fax: 304-354-6859  
Email: [office@cccoa-wv.org](mailto:office@cccoa-wv.org)



Calhoun County Committee on Aging Inc.