

# CCCOA NEWS

Calhoun County Committee on Aging  
PO Box 619, Grantsville, WV 26147  
105 Market Street, Grantsville, WV  
Phone: 304-354-7017 Fax: 304-354-6859



## June 2015

*June 21st ~ Happy Father's Day*  
*June 20th ~ West Virginia Day*



### Inside This Issue

- Pg 2 Grantsville Events
- Pg 3 West Fork Events
- Pg 4 Birthday Page
- Pg 5 Grantsville News
- Pg 6 Senior Journal
- Pg 7 Spotlight
- Pg 8 Soapbox by Judy
- Pg 9 Health & Fitness
- Pg 10 My Favorite Recipe
- Pg 11 Lunch Menu
- Pg 12 Fun Pages
- Pg 13 Fun Pages
- Pg 14 Fun Pages
- Pg 15 Business Page

### Coming Up!

- June 3rd-6th- Annual Wood Festival Grantsville
- June 4th-Pettyville Shopping Trip Depart @ 8:30am
- June 10th-Roane Home Care BP Clinic 10:30 A.M.  
Attorney General's Rep. 10:30 A.M.
- June 11th-French Creek Trip Depart Grantsville @ 10:00am
- June 12th-BIG BINGO
- June 18th-Spencer Shopping Trip Depart 8:30am
- June 19th-Center is CLOSED for West Virginia Day!
- June 21st-Happy Father's Day—First Day of Summer
- June 22nd-Father's Day Dinner @ 11:30am  
Board Meeting @ 2:30pm
- June 25th-Retired School Employees Meeting-10:30am
- June 26th-Covered Dish Birthday Dinner  
Musical Entertainment 10:30—11:30 A.M.  
**NO BINGO WILL BE PLAYED TODAY!**  
SHIP Counselor Medicare Presentation 10:45—11:00 A.M.

### June is Elder Abuse Awareness Month





# June 2015 Grantsville Events



**June 3rd-6th**

**Wood Festival**

**June 3rd, Wed.**

**Choir Practice 10:30—11:00 A.M.**

**June 4th, Thurs.**

**Pettyville Shopping Trip Depart 8:30 A.M.  
Cost \$ 12 from center, \$15 from home  
Trip must be paid at time of reservation!**



**June 5th, Fri.**

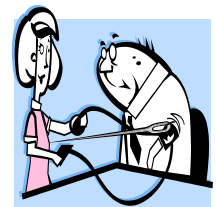
**"Healthy Me"**

**June 9th, Tues.**

**Planning Committee Meeting 1:00 P.M.**

**June 10th, Wed.**

**Choir Practice 10:30—11:00 A.M.  
Roane Home Care BP Clinic 10:30 A.M.  
Attorney General's Rep. 10:30 A.M.**



**June 11th, Thurs.**

**French Creek Trip  
Depart 10:00 A.M. Cost—\$25.00  
Arrive back in Grantsville Approx. 4:00 P.M.**

**June 12th, Fri.**

**BIG BINGO 10:30—11:30 A.M.**

**June 17th, Wed.**

**Choir Practice 10:30—11:00 A.M.**

**June 18th, Thurs.**

**Spencer Shopping Trip Depart 8:30 A.M.  
Cost \$8 from center, \$10 from home  
Trip must be paid at time of reservation!**



**June 19th, Fri.**

**Center Closed for WV Day**

**June 21st, Sun.**

**Happy Father's Day  
First Day of Summer**

**June 22nd, Mon.**

**Father's Day Dinner 11:30 A.M.  
Door Prizes & Favors  
Board Meeting 2:30 P.M.**



**June 24th, Wed.**

**Choir Practice 10:30—11:00 A.M.**

**June 25th, Thurs.**

**Retired School Employees Meeting 10:30 A.M.**

**June 26th, Fri.**

**Covered Dish Birthday Dinner  
Musical Entertainment 10:30—11:30 A.M.  
NO BINGO WILL BE PLAYED TODAY!  
SHIP Counselor Medicare Presentation 10:45—11:00 A.M.**



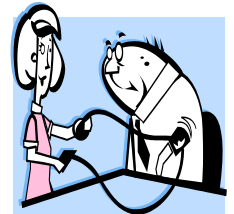
**Rummy, Yahtzee, Dominos Daily 8:00– 11:00 A.M.  
Bingo will be played daily 11:00—11:30 A.M. unless otherwise stated.**



# June 2015 West Fork Events



- June 1st, Mon.** Breathe with Joy 9:30-10:00 A.M.  
Cards/Line Dancing/Corn hole 10:30-11:30 A.M.
- June 2nd, Tues.** Cards/ Line Dancing/ Horseshoes 10:30-11:30 A.M.
- June 4th, Thurs.** Cards/ Line Dancing/ Horseshoes 10:30-11:30 A.M.
- June 8th, Mon.** Breathe with Joy 9:30-10:00 A.M.
- June 9th, Tues.** Cards/ Line Dancing/ Horseshoes 10:30-11:30 A.M.
- June 11th, Thurs.** Cards/ Line Dancing/ Horseshoes 10:30-11:30 A.M.
- June 15th, Mon.** Roane Home Care 9:00– 10:30 A.M.  
Breathe with Joy 9:30-10:00 A.M.  
Cards/Line Dancing/Corn hole 10:30-11:30 A.M.
- June 16th, Tues.** Cards/ Line Dancing/ Horseshoes 10:30-11:30 A.M.
- June 18th, Thurs.** Bowling Trip
- June 22nd, Mon.** Breathe with Joy 9:30-10:00 A.M.  
Cards/Line Dancing/ Corn hole 10:30-11:30 A.M.
- June 23rd, Tues.** Cards/ Line Dancing/ Horseshoes 10:30-11:30 A.M.
- June 25th, Thurs.** Entertainment/Birthday Dinner 10:30– 11:30 A.M.
- June 29th, Mon.** Breathe with Joy 9:30-10:00 A.M.  
Cards/Line Dancing/ Corn hole 10:30-11:30 A.M.
- June 30th, Tues.** Cards/ Line Dancing/ Horseshoes 10:30-11:30 A.M.



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

# The Birthday Page

## Happy Birthday

June Godfrey June 1st  
Fumiko Welch June 2nd  
Robert Bancroft June 5th  
Kermit Saunders June 5th  
Donald Little June 9th  
Audrey Boggs June 9th  
Alta Mae Richards June 12th  
Hazel Tingler June 13th  
Juanita Saunders June 18th  
Jim McCormick June 20th  
Inga Brewster June 22nd  
Sylvia Forren June 22nd  
Mary Louise Smith June 23rd  
Portia Miller June 24th  
Pauline Richards June 28th  
William Horton June 28th  
Leon Schoolcraft June 30th



### Celebrating May Birthdays at the Grantsville CCCOA:

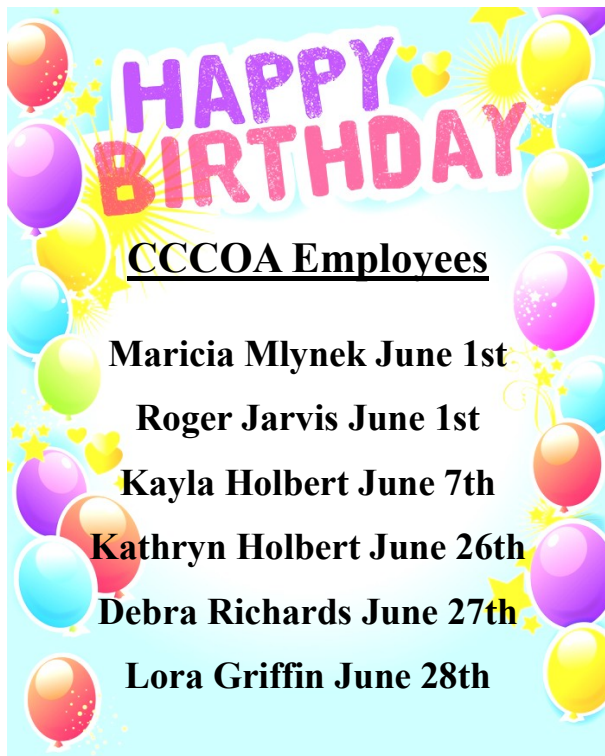
*Seated: Iline Compton, Joan Stump  
Standing: Madeline Lamp, Jeanie Smith*



### Birthday Entertainment provided by:

*Three N One*

*June Skaggs,  
Joyce Williams*



## CCCOA Employees

Maricia Mlynek June 1st  
Roger Jarvis June 1st  
Kayla Holbert June 7th  
Kathryn Holbert June 26th  
Debra Richards June 27th  
Lora Griffin June 28th



### Celebrating May Birthdays at the West Fork CCCOA:

*Seated: Walter Cain  
Standing: Colleen Boggs, Karen Badgett*



# CCCOA Grantsville News



The seniors have had the opportunity to enjoy two day trips during the month of May. On May 7th, they enjoyed Stonewall Jackson Lake Resort, taking an evening boat ride aboard the Little Sorrel. On May 21st, they were able to enjoy the beauty of blown glass being made at the Appalachian Glass Factory, in Weston, WV.

The CCCOA provides a wide variety of services, programs, entertainment, and activities to our senior citizens and to our community. We consider it an honor and privilege to serve our community and we invite you to Please Join Us!



Winner of the Quilt Raffle:  
John Myer

Mother's Day Door Prize Winners:  
Violet Williams, Alice Cottrell, Jean Miller



The 2015 Spring Health Fair in Arnoldsburg on May 13th, was a true success! With a total count of 25 vendors and 115 attendees. Thank you all for attending!



# Senior Journal

## Discreet Safety Monitor Takes The Stigma Out Of Aging For Seniors

For any senior who has cringed at the infamous "Help! I've fallen and I can't get up" ads, there's a new product in store that can take the stigma out of aging, far more discreetly.

"We've been looking for something like this for about two years," 72-year-old retiree Gus Kugler told The Huffington Post. "I wanted greater participation by our children in our day-to-day life for safety and security reasons since all our children live at least two states away from us. My daughter spotted it on a local TV station and as soon as I read about it I knew it was what I was looking for." [He's referring to Lively.](#) Unlike the well-known [Life Alert pendant](#), Lively is a six-piece emergency alert system. Though it includes the ability to call for emergency help with the press of a button, that isn't its primary use.

Instead, the entire goal of the system is to monitor the user's patterns, looking for things like forgetfulness, unusual eating or hygiene habits or lack of activity. The method is simple. A hub is plugged into the wall, the user puts on the watch and the sensors are placed throughout the home -- on the pillbox, on the refrigerator, a front door, the bathroom shower. The system then looks for any unusual behavior, like repeated missed medication doses or no meals eaten, and alerts the user's children or other caregiver, no matter where they are, if there's a red flag.

"It's actually brilliant," Kugler, a former engineer, said. "I went after Lively, not because of the watch, but because of the diversity of the activity monitor and the system they have set up, which removes the burden on your family member of monitoring you."

That's precisely what its creators wanted.

"The [emergency] button is only one part of the experience," Lively co-founder David Glickman told The Huffington Post. "The idea was to come out with something that was there for the emergencies and with sensors -- a tool that helps with the prevention side as well as offering peace of mind. If you have an overall sense of things like eating patterns, routine and that sort of thing, then this can change the conversation that happens between adult children and loved ones that have products like this."

For Kugler, that means his kids don't have to check up on him and his wife multiple times a day, asking what Glickman calls "nagging" questions like, "Did you take your medicine?" or "Did you get outside for some exercise today?"

Glickman says it can give children the peace of mind to know their parents are eating well, exercising and taking their medicine -- all without making it seem as though Big Brother is watching.

"The beauty of this is that it's minimally invasive on your privacy," Kugler says. "It's simply reporting that you're going about your normal activities. You don't have a camera looking over your shoulder or anyone listening in. You have the ability to stay independent." His children are all signed up for the system's dashboard online, which shows whether the user is home or not, how many steps they've taken (the watch also doubles as a pedometer and medication reminder) and when each of the sensors was last active. Notifications can be sent by text, email or through the mobile app.

Kugler said Lively has taken a great stress off their shoulders. In the three months that he's been using it in his home, Kugler said he's only had his kids call him in a panic once -- when the watch battery died overnight, sending notifications to his kids. Glickman said the battery is supposed to last anywhere from five to six months.

[http://www.huffingtonpost.com/2015/05/12/lively-emergency-response\\_n\\_7244316.html](http://www.huffingtonpost.com/2015/05/12/lively-emergency-response_n_7244316.html)

## Spotlight on WV

Welcome to Berdine's Five and Dime, a small, special corner of "Almost Heaven" West Virginia.

Berdine's Five and Dime has been in continuous operation in Harrisville, West Virginia since 1908. We are pleased as we complete a century of service to our community, neighbors and patrons from afar. We continue to celebrate the simpler times, slower pace and nostalgia for a time gone by.

We are America's Oldest Dime store. With our pressed tin ceilings, bins of novelties, tin toys, bulk candies, and almost anything we provide the same friendly service decade after decade. Since 1908, we are where generations have come for gifts and practical items. Called one of West Virginia's "Best Treasures" by one of our state's Charleston newspapers, Berdine's continues to evoke memories while providing practical and purely nonsensical merchandise. Bulk candy from our antique oak case, bins of old time and inexpensive toys that you remember from your childhood, gifts for special occasions that you will not find elsewhere. We also carry unique books and old time remedies along with kitchen gadgets and soaps and cleaning products that have been used for generations. If you cannot find it anywhere else - try Berdine's! Your grandparents did!

Visiting us is not a step back in time, it is like taking a giant leap back in time! Back to the days when going to the Five and Dime meant getting supplies as well as the neighborly news and maybe a spool of thread. Life was perhaps a little easier back then, certainly a little slower. Visiting our store brings back the feel and experience of those bygone times when a friendly visit was assured and it still is! We are always glad to welcome and assist you at Berdine's.

While our store is only 1,500 square feet in size, we are packed with thousands upon thousand of the unusual, unique and hard to find. When you visit it is impossible not to stay for a while to browse our shelves, sample our candy, and try out our toys. You will be taking a "Giant Leap Back in Time."

We are at 106 North Court Street, Harrisville, West Virginia 26362. Telephone us at (304) 643-2217. We're open every day 9-5, except Sunday.

<http://www.berdinesdimestore.com/>





## Soap Box by Judy

“Are your chickens going crazy?”

I had no idea what I was going to write for this month until something happened to me. As I said before, “Things happen to me.”

As everybody knows, Frank and I have chickens--which means that we also have eggs. I have a neighbor who is the “bestest.” She buys eggs from me. She called me on Thursday to ask if I had eggs. I did have a dozen and a half. I told her I was going to town on Friday and that I would drop them off on our way past her house.

Saturday evening my phone rang and my “bestest” neighbor- who, by the way, is Barb Roberts said, “Hello.” She then asked, “Are your chickens going crazy?”

I said, “I hope not. Why?” So she proceeded to tell me that she decided to hard boil some eggs to put on top of her greens. She asked me if I noticed that one of the eggs was a bit smaller and white. I said, “No. I bring them in from the coop, wash them, put them on the sink top to dry, and put them in an egg carton which goes in the fridge.” I asked her what was wrong and she said that she had boiled the white egg with the brown ones. “Okay, so what happened?”

When she cracked the white egg there was no yolk. The white part was there but in place of the yolk there was a very small white egg-- shell and all.

“So let me get this straight,” I said, “you’re telling me that you had an egg inside another egg?”

“That’s correct,” she said. “It’s not a double yolk.”

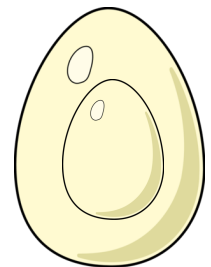
I’ve raised a lot of chickens and I’ve never had an egg inside another egg.

See-things happen to me- strange things. Some other time, I’ll tell you a few more.

138 days as of June 1<sup>st</sup>

‘Til next month,

~Judy~





## The Surprising Extra Benefits of Exercise for Seniors

We've all heard about the many benefits of exercise — a healthier heart, stronger bones, improved appearance and flexibility — but exercise has many additional benefits, especially for seniors.

"Many characteristics we associate with older age — like the inability to walk long distances, climb stairs, or carry groceries, are largely due to a lack of physical activity," explains Dr. John Montgomery, a family physician, medical epidemiologist and vice-president of Senior Care Solutions with Blue Cross and Blue Shield of Florida.

However, according to AARP, 40 percent of people between 45 and 64 are considered sedentary. For people over 64, that number jumps to 60 percent.

"Some are worried that exercise will cause illness or injury," said Montgomery. "Others think exercise means they have to do something strenuous, which they may not be capable of. What they may not realize is that it could be more of a risk not to exercise," explains Montgomery.

Seniors can benefit tremendously from regular exercise. The Centers for Disease Control reports that seniors have even more to gain than younger people by becoming more active because they are at higher risk for the health problems that physical activity can prevent.

Even moderate physical activity can help seniors to:

### **Increase mental capacity**

Research links physical activity with slower mental decline. Exercise increases blood flow to all parts of your body, including your brain, and might promote cell growth there. Exercise — particularly if it starts early and is maintained over time — is beneficial in preventing dementia and Alzheimer's disease. (Source: Senior Journal.com)

### **Prevent disease**

Exercise may delay or prevent many diseases associated with aging, such as diabetes, colon cancer, heart disease, stroke, and others, and may reduce overall death and hospitalization rates, according to the National Institute of Aging.

### **Improve healing**

Injuries and wounds take longer to heal as people age. Regular exercise by older adults may speed up the wound-healing process by as much as 25 percent. (Source: Senior Journal.com)

### **Improve quality of life**

A new study has found that previously sedentary senior citizens who incorporated exercise into their lifestyles not only improved physical function, but experienced psychological benefits as well. (Source: SeniorJournal.com)

### **Increase balance**

This helps prevent falls, a major cause of broken hips and other injuries that often lead to disability and loss of Independence. (Source: Senior Journal.com)

[http://www.caregiver.com/articles/general/exercise\\_for\\_seniors2.htm](http://www.caregiver.com/articles/general/exercise_for_seniors2.htm)

## My Favorite Recipe

### Grilled Honey Mustard Chicken

#### Ingredients

- 1/2 cup of any Whole Grain Mustard
- 1/2 cup of Honey
- Juice of 1/2 a Lemon
- 1 Garlic Clove, smashed and minced
- 1/2 teaspoon Paprika
- 1/2 teaspoon Kosher Salt
- 1/4 teaspoon Cayenne Pepper
- 1/4 teaspoon Red Pepper Flakes
- 4 Boneless Skinless Chicken Breasts



Instructions: Whisk all ingredients in a small bowl. Reserve 4 tablespoons of sauce and then pour the rest over the chicken, toss and cover with plastic wrap and let it sit for about 30-45 minutes at room temp. Preheat the grill on medium- medium high heat, grill chicken for about 6 to 7 minutes per side or until chicken is done. Pour the reserved 4 tablespoons of honey-mustard sauce over chicken and let rest under foil for about 5 minutes. - See more at: <http://www.muchtaste.com/2015/01/grilled-honey-mustard-chicken.html#sthash.Yw9kR28B.dpuf>

### Honey Bun Cake

- 1 yellow cake mix
- 1 cup brown sugar
- 2 cups powdered sugar
- 3/4 cup oil
- 1 Tablespoon cinnamon
- 4 Tablespoons milk
- 4 eggs
- 1 Tablespoon vanilla extract
- 8 oz sour cream



Mix cake mix, oil, eggs, and sour cream by hand, about 50 strokes.

Put half the batter in 9 x 13 pan.

Combine brown sugar and cinnamon and spread over entire cake. Spread the rest of the batter on top of this.

Use a knife to make swirls in the cake.

Bake at 325 degrees for about 40 minutes.

Blend powdered sugar, milk and vanilla extract and spread on warm cake.

<http://smileshappen.us/honey-bun-cake/>



# June 2015 Menu

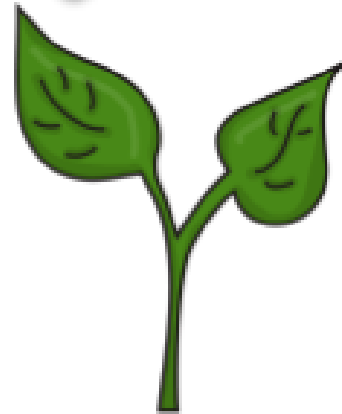


Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Chicken Patty Mayo Peas & Carrots Banana Pudding Whole Wheat Bun	<b>2</b> Taco Salad Lettuce & Tomatoes Brownie Jello w/Fruit	<b>3</b> Italian Sausage Onions & Peppers Beets Fruit Bun  <div style="text-align: center;">Wood Festival</div>	<b>4</b> Beef Stew Cole Slaw Cornbread Juice  <div style="text-align: center;">Pettyville Shopping Trip Wood Festival</div>	<b>5</b> Hamburger Patty Lettuce/Onions/ Tomato Corn Fruit Bun  <div style="text-align: center;">Wood Festival</div>
<b>8</b> Pork Chop Scalloped Potatoes Broccoli Hot Roll Juice	<b>9</b> Pizza Corn Pudding  <div style="text-align: center;">Planning Committee Meeting</div>	<b>10</b> Pinto Beans Greens Applesauce Cornbread  <div style="text-align: center;">Roane Home Care BP Clinic Attorney General Rep.</div>	<b>11</b> Ham Salad Potato Salad Fruit Bun  <div style="text-align: center;">French Creek Trip</div>	<b>12</b> Chicken Pasta French Green Beans Fruit Whole Wheat Bread  <div style="text-align: center;">BIG BINGO</div>
<b>15</b> Fish Ranch Potatoes Mixed Vegetables Whole Wheat bread Juice	<b>16</b> Meatloaf Split Mashed Potatoes Corn Whole Wheat Bread Juice	<b>17</b> Spaghetti w/Meat Sauce Steamed Vegetables Hot Roll Juice	<b>18</b> Hot Dog w/Meat Sauce Baked beans Fruit Bun  <div style="text-align: center;">Spencer Shopping Trip</div>	<b>19</b> <div style="text-align: center;">Center Closed WV Day</div> 
<b>22</b> Baked Steak Mashed Potatoes Carrots Hot Roll Juice  <div style="text-align: center;">Father's Day Dinner Board Meeting</div>	<b>23</b> Chicken Salad Macaroni Salad Fruit Salad Whole Wheat Bun	<b>24</b> Chef Salad w/Ham Cottage Cheese Peaches	<b>25</b> Baked Chicken Mashed Potatoes w/Gravy Green Beans Hot Roll  <div style="text-align: center;">WF Birthday Dinner Retired School Employees</div>	<b>26</b> Beef & Macaroni Corn Fruit Hot Roll  <div style="text-align: center;">Grantsville B-Day Dinner Ship Counselor Pres.</div>
<b>29</b> Shredded Chicken Mashed Potatoes Green Beans Hot Roll Juice	<b>30</b> Sloppy Joe Coleslaw Fruit Bun	<div style="text-align: center;">2% Milk And Margarine Served Daily</div>		<div style="text-align: center;">Menu Subject To Change Without Notice</div>



# father's day search

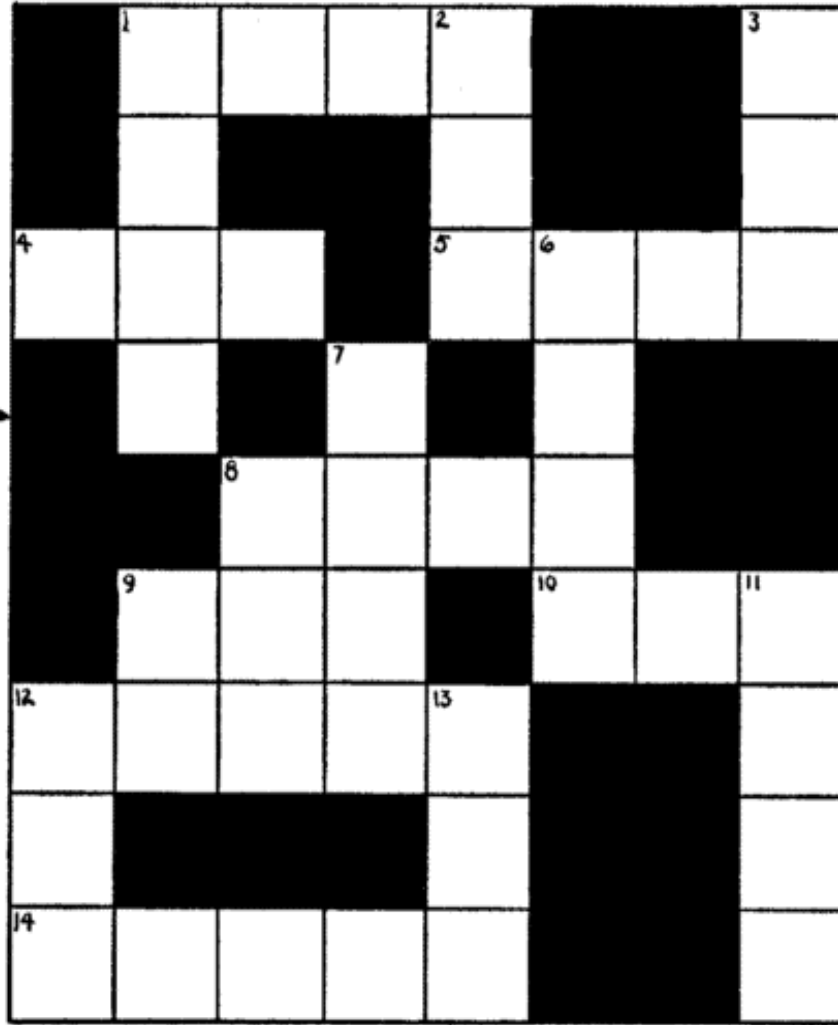
dad  
daughter  
golf  
grandpa  
home  
hugs



june  
play  
son  
sports  
sunday  
uncle

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

# A FARM CROSSWORD PUZZLE



## Across:

1. Yield of a planted field
4. A kind of tree, like oak
5. This machine digs up fields
8. A place where animals and crops are raised
9. Opposite of stand
10. Sack to carry feed in
12. An animal to ride on
14. A long-necked bird which honks

## Down:

1. A baby horse
2. A baby dog
3. An animal that gives milk
6. A baby sheep
7. Animals that chase mice
8. A kind of evergreen tree
9. Word that rhymes with go
11. Animal with horns
12. Another word for pig
13. What we see with

Across: 1. crop, 4. elm, 5. plow, 8. farm, 9. sit, 10. bag, 12. horse, 14. goose  
 Down: 1. colt, 2. pup, 3. cow, 6. lamb, 7. cat, 8. fir, 9. so, 11. goat, 12. hog, 13. eye





# 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

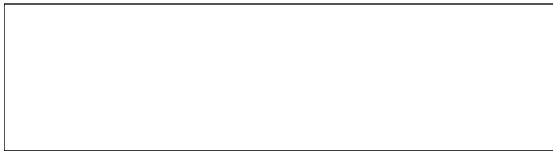
Hours: 7:30am - 3:30pm  
Monday through Friday  
Phone: 304.354.7017  
Fax: 304.354.6859  
Mailing: Post Office Box 619  
Grantsville, WV 26147



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](mailto:office@cccoa-wv.org)



Calhoun County Committee on Aging Inc.