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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**

## June

### Dates To Remember

June 2nd-3rd Wood Festival

June 3rd, Sat. Basket/Case Knife Bingo 5:00 pm Arnoldsburg Community Park

June 5th, Mon. "Exercise with Erin" 9:00 am

June 8th, Thurs. Shopping Trip Depart 8:30 am  
 TRIP MUST BE PAID AT TIME OF RESERVATION!

June 9th, Fri. BIG BINGO 10:30-11:00 am

June 12th, Mon. "Exercise with Erin" 9 am

June 13th, Tues. Planning Committee Meeting 1:30 pm

June 14th, Wed. Craft Day

June 15th, Thurs. Valley Gem Trip Depart 8:30 am  
 TRIP MUST BE PAID AT TIME OF RESERVATION!  
 "Exercise with Erin" 9 am

June 16th, Fri. Father's Day Dinner 11:30 am

June 18th, Sun. FATHER'S DAY

June 19th, Mon. "Exercise with Erin" 9 am

June 20th, Tues. CENTER CLOSED FOR WEST VIRGINIA DAY!!!!

June 21st, Wed. WV Caring BP Clinic 10:30 am

June 22nd, Thurs. "Exercise with Erin" 9 am  
 Shopping Trip Depart 8:30 am  
 TRIP MUST BE PAID AT TIME OF RESERVATION!

June 23rd, Fri. Hospice Screenings

June 26th, Mon. Board Meeting 2:30 pm  
 "Exercise with Erin" 9 am

June 28th, Wed. Covered Dish Birthday Dinner ( Grantsville)11:30 am  
 Musical Entertainment 10:30-11:30 am

June 29th, Thurs. "Exercise with Erin" 9 am  
 Covered Dish Birthday Dinner & Entertainment (West Fork) 10:30

June 30th, Fri. SHIP Presentation 10:45-11:00 am

June 2nd-3rd	Wood Festival
June 5th, Mon.	“Healthy Me” Exercise with Erin 9:30 am
June 7th, Wed.	Choir Practice 10:30-11:30 am
June 8th, Thurs.	Shopping Trip Depart 8:30 am Trip must be paid for at time of reservation! Exercise with Erin 9:30 am
June 9th, Fri.	BIG BINGO 10:30-11:30 am
June 12th, Mon.	Exercise with Erin 9:30 am
June 13th, Tues.	Planning Committee Meeting 1:30 pm
June 14th, Wed.	Choir Practice 10:30-11:00 am Craft Day
June 15th, Thurs.	Valley Gem Trip Depart 8:30 am Trip must be paid for at time of reservation! Exercise with Erin 9:30 am
June 16th, Fri.	Father’s Day Dinner 11:30 am Door Prizes & Favors
June 18th, Sun.	FATHER’S DAY
June 19th, Mon.	Exercise with Erin 9:30 am
June 20th, Tues.	CENTER CLOSED FOR WEST VIRGINIA DAY!!!!!!
June 21st, Wed.	Choir Practice 10:30-11:00 am WV Caring BP Clinic 10:30 am
June 22nd, Thurs.	Exercise with Erin 9:30 am Shopping Trip Depart 8:30 am Trip must be paid for at time of reservation!
June 23rd, Fri.	Hospice Screenings
June 26th, Mon.	Board Meeting 2:30 pm Exercise with Erin 9:30 am
June 28th, Wed.	Covered Dish Birthday Dinner Musical Entertainment 10:30-11:30 am NO BINGO WILL BE PLAYED TODAY!
June 29th, Thurs.	Exercise with Erin 9:30 am
June 30th, Fri.	SHIP Presentation 10:45-11:00 am

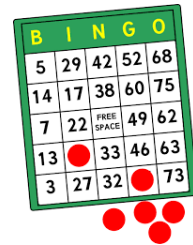


Happy  
Father's  
Day



**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.**

- June 1st, Thurs. Cards/Games 10:30-11:30 am
- June 3rd, Sat. Basket/Case Knife Bingo 5:00 pm
- June 5th, Mon. Weigh In for Biggest Loser 9:00 am  
Cards/Line Dancing/Crafts 10:30-11:30 am
- June 6th, Tues. Cards/Line Dancing 10:30-11:30 am
- June 8th, Thurs. Cards/Cornhole/Games 10:30-11:30 am
- June 12th, Mon. Weigh In for Biggest Loser 9:00 am  
Cards/Line Dancing/Cornhole 10:30-11:30 am
- June 13th, Tue. Cards/Line Dancing 10:30-11:30 am
- June 15th, Thurs. Cards/Cornhole/Games 10:30-11:30 am
- June 19th, Mon. Weigh In for Biggest Loser 9:00 am  
Cards/Cornhole 10:30-11:30 am  
Father's Day Dinner
- June 20th, Tues. CENTER CLOSED FOR WV DAY!!!!
- June 22nd, Thurs. Cards/Cornhole/Games 10:30-11:30 am
- June 26th, Mon. Weigh In for Biggest Loser 9:00 am  
Cards/Line Dancing 10:30-11:30 am
- June 27th, Tues. Cards/Line Dancing 10:30-11:30 am
- June 29th, Thurs. Entertainment/Birthday Dinner 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 month the needle was on page 19.  
 Actual needle size



## June Birthdays

Madeline Godfrey June 1  
 Sharman Matthews June 2  
 Marge Evans June 3  
 Linda Jarvis June 8  
 Jean Boggs June 9  
 Donald Little June 9  
 Joann Dawson June 11  
 Alta Mae Richards June 12  
 Hazel Tingler June 13  
 John Mize June 15  
 Mary Saunders June 18  
 Larry Harris June 19  
 Jim McCormick June 20  
 Portia Miller June 24  
 Pauline Richards June 28  
 William Horton June 28  
 Leon Schoolcraft June 30



Happy  
 Birthday

### CCCOA Employees



Roger Jarvis 1st  
 Maricia Mlynec 1st  
 Kathryn Holbert 26th  
 Debra Richards 27th  
 Lora Griffin 28th

### Celebrating May Birthdays at the Grantsville CCCOA:

(Left to Right) Standing: Jeanie Smith & Jim Welch  
 Seated: Madeline Lamp & Velma Barnes

### Birthday Entertainment provided by:

The CCCOA Choir





May Birthdays: Effie Parsons, Colleen Boggs, Walter Cain, Pat Murphy, Karen Badgett. Not pictured: Tex Murphy.



Entertainment: Eugene Parsons, Randy Wilson, & Clayton Moore

Randy Wilson and Pat Murphy tied for the Biggest Loser Weigh in for the month of May, Congratulations!

Please join us for a trip on the  
**Valley Gem!**  
**June 15th, 2017**

Cost of trip is \$30.00

Departing the Grantsville CCCOA @ 8:30 a.m. and  
arriving in Marietta at Shoney's 10:00 a.m.

(Lunch is at your own expense)

We must be on the Valley Gem @ NOON!

The Valley Gem should return at 1:30 p.m..

At that time we will load and head back to Grantsville. If we have time we usually  
stop for ice cream somewhere along the way home.

So remember to bring some extra money.

We should arrive at the Grantsville CCCOA @ 3:30 p.m.

Inquiries contact Samantha Cowan @ 304-354-7017

Offer open to the first 10 people that sign up!



I know that it is June but I want to talk about May. Not a good month for me at all. On May 10<sup>th</sup> I went in the chicken coop to feed and water the chickens and pigeons. I noticed that one of my golden comets was running around in circles clucking like crazy. On the floor was the other golden comet. She was dead and her sister was trying to will her to get up. No luck. I picked her up and told her that I was sorry and that I would miss her as would her sister also. Now she would have to live alone. Both of these "ladies" were still laying eggs and they are way past old age. But I don't tell them. I took care of the funeral arrangements when I got home from the senior center that day.

The next Wednesday, which was the 17<sup>th</sup>, I went down to the garage to get something out of the freezer. As I was walking back up the sidewalk I saw something in the grass. It looked like a hose. Since Frank is always working on the tractor or something I thought he had left something in the yard. So of course, I walked over to pick it up. Wrong!! It was a six foot long black snake!! I came in the house in a hurry. I told Frank about it but when I looked outside it was gone. I went to look for it. It was nowhere in sight, but his imprint was in the grass. I walked down the yard toward our pond and found two more of his or her imprints. It must have been when coming up the yard and took some naps in the sun. On Sunday the 20<sup>th</sup> -I looked out the door and saw him or her crawling across our sidewalk and into the grass. Darn. He or she disappeared again. I

only have two chickens and I have been getting the eggs first. HA! HA!  
So, along with the dead chicken and snakes there was also heat and stinking humidity. We all know how much I love both of those.

For the icing on the cake there are the ants!! So many ants. You kill two and five appear. They seem to thrive on being smacked, squashed, and drowned. Almost everybody I talk to has them. My niece in Florida has them too. They are everywhere.

So, needless to say May was not a good month for me. Except for one really good thing- I hit some money on the lottery. WOOHOO!!

Happy Father's Day to all of our dads out there.

'til next month,

~Judy~

As of June 1<sup>st</sup> there are 122 days until 10/1/17.





# Senior Farmers' Market Vouchers



## 2017 Guidelines

1. Must be at least 60 years of age. Must show ID proof of age.
2. Must fall within the income guidelines for household number.
3. ONE BOOKLET OF VOUCHERS PER HOUSEHOLD.
4. Coupons can be only used July 1<sup>st</sup>- October 31, 2016.
5. If unable to physically come to CCCOA a proxy is accepted and must include address, phone number, and signed permission.

***Vouchers Available beginning Monday, July 10<sup>th</sup>***

*(See Brenda Sisson at Grantsville or Marty Park at the Westfork site for coupons.)*

Each participant will receive the following:

- \*Booklet of coupons (\$28 WORTH)
- \*Eligible list of foods
- \*List of participating farmers markets

***Please call the CCCOA for more details or information: (304) 354-7017***



# Food Bank Policy Reminder

## Minimum donation of a \$1.00 per bag!

To assure that all CCCOA Seniors are equally able to receive the baked goods that we obtain:

1. Seniors will be permitted TWO grocery bags full of items.
2. After **ALL** Seniors have had an opportunity to obtain items, any desiring larger quantities may return and pick up additional items after lunch has been served.

\*We are initially limiting each individual to two grocery bags in an effort to guarantee that all seniors have the opportunity to take advantage of this service. Thank you for your cooperation!\*



**THE ARK ENCOUNTER & CREATION MUSEUM TRIP**

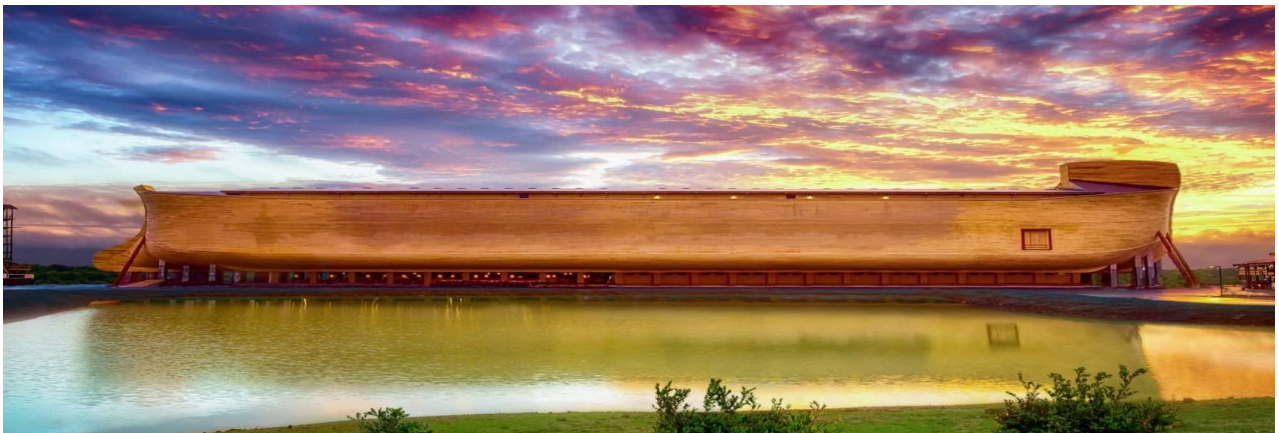
Ark Encounter features a full-size Noah's Ark, built according to the dimensions given in the Bible. Spanning 510 feet long, 85 feet wide, and 51 feet high, this modern engineering marvel amazes visitors young and old. Ark Encounter is situated in the beautiful Williamstown, Kentucky, halfway between Cincinnati and Lexington on I-75.

The CCCOA is offering a trip for September 18th-22nd, 2017.

Cost is \$558.00 per person/ double occupancy per room.  
Cost will cover the following:

Motorcoach Transportation  
5 days/4 nights (Mon-Fri) lodging,  
8 meals included( 4 breakfasts & 4 dinners)  
Admission to the Ark Encounter and Creation Museum,  
Cincinnati Zoo and Botanical Gardens  
and Newport Aquarium!

If you are interested please contact the center immediately.  
All money is due no later than July 11th, 2017!  
Trip is open to everyone of all ages!







*please  
join us*





### ‘Radiator Charlie’s Mortgage Lifter Tomato’

The “Mortgage Lifter” has always been a newsworthy tomato. In the early 1930’s, Marshall Cletis Byles owned a radiator repair shop in Logan, West Virginia., which was known for fixing trucks that overheated. He earned his nickname, Radiator Charlie. Because of the Great Depression, Byles was seeking other ways to keep his home from foreclosure. With

no experience breeding or growing tomatoes, Byles decided to develop a large and meaty tomato that could feed families.

With a baby syringe, he cross-pollinated

the ‘German Johnson’

Tomato with the ‘Beefsteak’ tomato as well as pollen from other varieties of tomato plants. He saved the seeds from this union, which he planted the following year. Cross-pollination combined with

seed saving is a method used in the development of new tomato species. For six years, he repeated this process and cross-pollinated the strongest plants with pollen from plants set in a circle with other varieties. When he was satisfied that he had grown a stable tomato, he sold the seedlings for one dollar each, which was a lot of money in those days.

The tomato was named after him:

‘Radiator Charlie’s Tomato.’

The red and pink tomato bears fruit in about 80 days, has very few seeds and is disease resistant. It became so popular that folks drove hundreds of miles just to purchase the seedlings. With the proceeds of the sales, Charlie paid off his \$6,000 mortgage in six years.

His legacy is now called

‘Radiator Charlie’s  
Mortgage Lifter Tomato.’

Countryside & Small Stock Journal



## Spinach Stuffed Chicken

**Prep Time** 10 minutes

**Cook Time** 30 minutes

**Total Time** 40 minutes

**Servings** 6

### Ingredients

- 6 chicken breast/fillets
- 6 tbsp cream cheese
- 2 slice bacon diced
- 1 handful spinach

### Instructions

- Slice each chicken breast/fillet along the centre.
- Place chopped spinach, cream cheese and diced bacon along the centre of each chicken breast/fillet.
- Fold over, and use a toothpick to secure the chicken and its fillings.
- Place each chicken breast/fillet in an oiled baking dish and pour some extra oil over each one.
- Bake at 180C/350F for 30 minutes, or until cooked in the centre. Cooking times will vary with the size of chicken breast and thickness of meat.

# June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2% Milk And Margarine Served Daily	Menu Subject To Change Without Notice		1 Ham Salad Potato Salad Fruit Bread	2 Baked Beans/ Wieners Ranch Potatoes Jello w/Fruit
5 Pork Chop AuGratin Potatoes Broccoli Hot Roll Juice	6 Turkey Split Mashed Potatoes & Gravy Carrots Wheat Bread Juice	7 Pinto Beans Greens Applesauce Cornbread  Roane Home Care Bingo Attorney General Rep.	8 Pork BBQ Slaw Peas Juice Bun  Pettyville Shopping Trip	9 Lasagna Green Beans Garlic Bread Juice  BIG BINGO
12 Fish Ranch Potatoes Mixed Vegetables Whole Wheat Bread Juice	13 Steak Hoagie French Fries Fruit Bun  Planning Committee Meeting	14 Chicken Strips Peas & Carrots Banana Pudding	15 Hot Dog w/ Meat Sauce Baked Beans Fruit Bun  Spencer Shopping Trip	16 Baked Steak Mashed Potatoes Carrots Hot Roll Juice  Father's Day Dinner
19 Hamburger Patty Lettuce/Onions/ Tomato Corn Fruit Bun	20 CENTER CLOSED FOR WEST VIRGINIA DAY!!	21 Chef Salad Cottage Cheese Peaches  WV Caring BP Clinic	22 Baked Chicken Mashed Potatoes w/Gravy Green Beans Hot Roll	23 Beef & Macaroni Corn Fruit Hot Roll  SHIP Counselor Pres.
26 Creamed Chicken Mashed Potatoes Biscuit Juice  Board Meeting	27 Sloppy Joe Coleslaw Fruit Bun	28 Spagetti w/ Meat Sauce Steamed Vegetables Hot Roll Juice  Grantsville B-Day Dinner	29 Taco Salad Lettuce & Tomatoes Brownie Jello w/Fruit  WF Birthday Dinner	30 Chicken Salad Pasta Salad Fruit Salad Whole Wheat Bun

## 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.

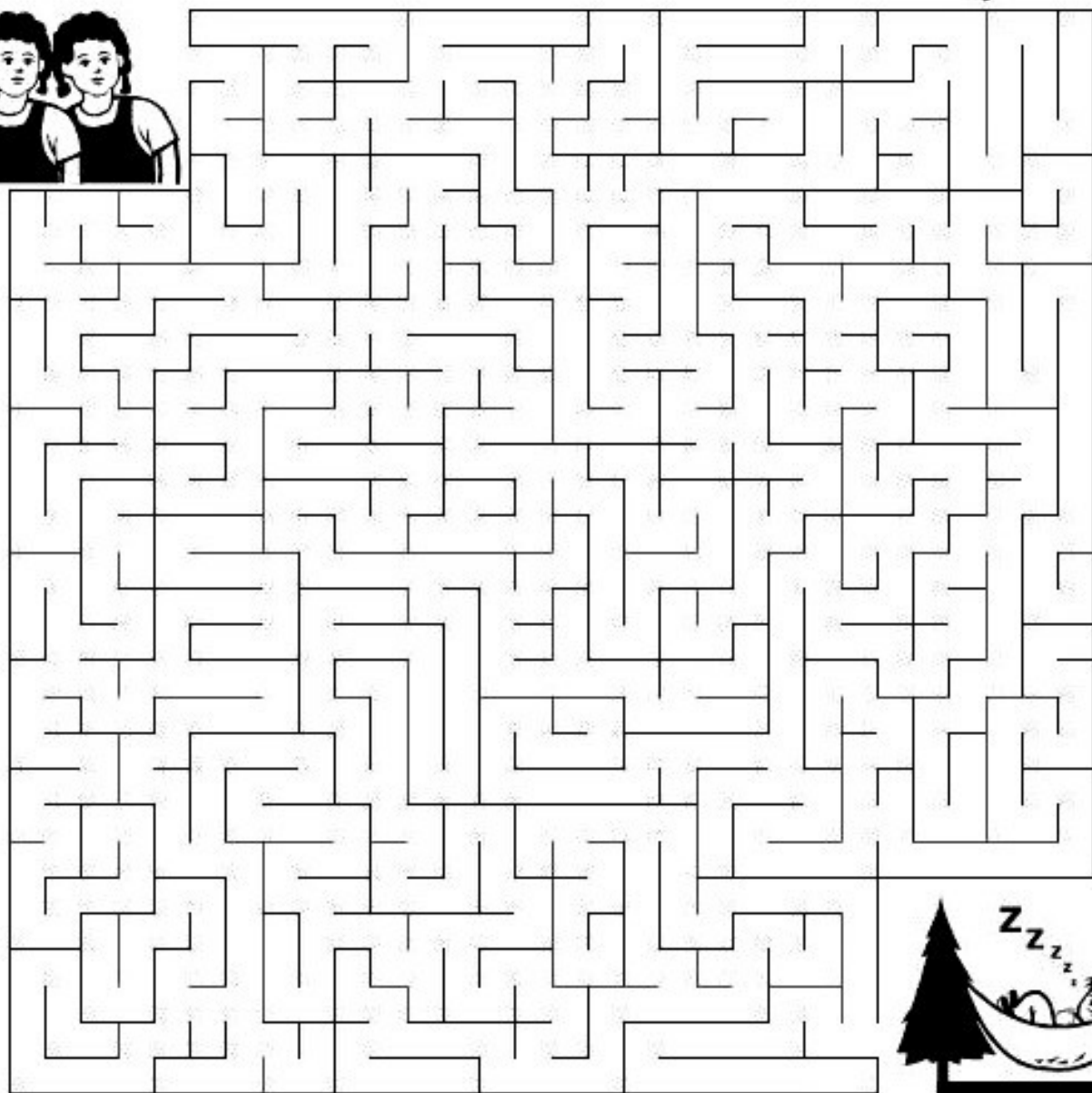
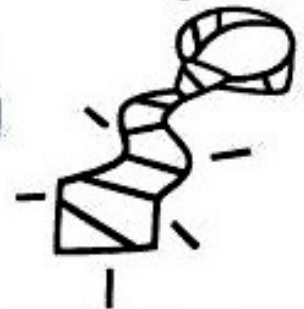
If you or a friend or loved one are in need of services, please give us a call. We are here to be at your service. Do not hesitate to ask questions about eligibility or guidelines.

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

# Happy Father's Day

It's Father's Day and the kids are all trying to find Dad so they can give him a snazzy tie! But where is he?



# Father's Day



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

- |          |          |       |         |
|----------|----------|-------|---------|
| CARING   | FISHING  | GOLF  | PARENT  |
| CHILDREN | FOOTBALL | HAPPY | READ    |
| DAD      | FOREVER  | HUG   | SON     |
| DAUGHTER | FRIEND   | JUNE  | SPECIAL |
| FAMILY   | FUNNY    | KIND  | TOOLS   |
| FATHER   |          | LOVE  |         |



# Songs of Summer

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

All You Need is Love

Borderline

California Girls

Heat Wave

Hot Blooded

Hound Dog

Kodachrome

Light My Fire

Like a Rolling Stone

Locomotion

Rock the Boat

Sea of Love

Summer Nights

Take it Easy

Twist

Vacation

Waterloo

We Are Family

White Rabbit

Wild Thing

# 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



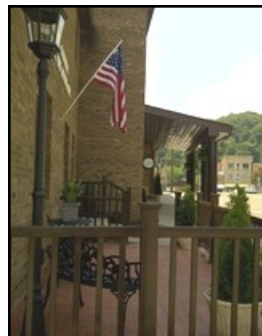
The CCCOA Board of Directors meet the fourth Monday of each month at CCCOA. Interested citizens are always welcome at board meetings and encouraged to attend.

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

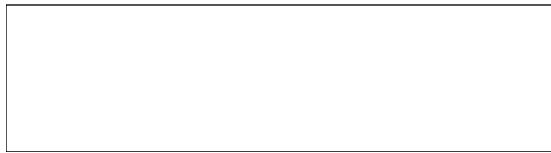
Hours: 7:30am - 3:30pm  
Monday through Friday  
Phone: 304.354.7017  
Fax: 304.354.6859  
Mailing: Post Office Box 619  
Grantsville, WV 26147



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.