

Inside This Issue:



Grantsville Events	2
West Fork Events	3
Birthday Page	4
West Fork News	5
Grantsville News	6
Valentines	7
Recipes	8
Trips/Crafts	9
Important Info.	10
Soapbox	11
Program Info.	12
Program Info.	13
Menu	14
Fun Pages	15
Fun Pages	16
Business Page	17

# CCCOA NEWS

Calhoun County Committee on Aging

Post Office Box 619

Grantsville, WV 26147

Phone: 304-354-7017 Fax: 304-354-6859

## March

### Dates To Remember

- Mar. 1** "Exercise with Erin 9:30-10:00 am"
- Mar. 5** "Exercise with Erin 9:30-10:00 am"
- Mar. 6** Bible Study 10:15 am
- Mar. 7** Choir Practice 10:30-11:00 am/ RHC Bingo 11:00 am
- Mar. 8** "Exercise with Erin 9:30-10:00 am"  
Spencer Shopping Trip- Cost: \$8 from home, \$10 from center
- Mar. 9** Genesis Bingo 11:00 am
- Mar. 12** "Exercise with Erin 9:30-10:00 am"
- Mar. 13** Bible Study 10:15 am/ Planning Committee Meeting 1:30 pm
- Mar. 14** Choir Practice 10:30-11:00 am/ CRAFTS 9:00-10:30 am
- Mar. 15** "Exercise with Erin 9:30-10:00 am"  
St. Patrick's Day Party @ West Fork
- Mar. 16** St. Patrick's Costume Contest 10:45 am @ Grantsville  
St. Patrick's BIG Bingo 10:30-11:30 am
- Mar. 20** Bible Study 10:15 am
- Mar. 21** Choir Practice 10:30-11:00 am
- Mar. 22** "Exercise with Erin 9:30-10:00 am"
- Mar. 23** Placemat Decorating Contest  
SHIP Counselor Medicare Minutes 10:45-11:00 am
- Mar. 24** **CASH BINGO @ CCCOA**  
Doors open at 5:30, Games begin at 6:00pm
- Mar. 26** "Exercise with Erin 9:30-10:00 am"  
Board Meeting 2:30 pm
- Mar. 27** **EASTER BUNNY BRUNCH 9:30-11:00 am**
- Mar. 28** Covered Dish Birthday Dinner/Easter Dinner @ Grantsville  
Musical Entertainment 10:30-11:30 am  
**NO BINGO WILL BE PLAYED TODAY!!!**
- Mar. 29** Birthday Dinner & Entertainment 10:30 am @ West Fork
- Mar. 30** **CLOSED for GOOD FRIDAY!**



REMEMBER TO SET YOUR CLOCKS FORWARD  
SUNDAY MARCH 11TH

# March 2018 ~ Grantsville Events

March 1st, Thurs.	“Exercise with Erin” 9:30-10:00 AM
March 2th, Fri.	“Healthy Me”
March 5th, Mon.	“Exercise with Erin” 9:30-10:00 AM
March 6th, Tues.	Bible Study 10:15 AM
March 7th, Wed.	Choir Practice 10:30-11:00 AM RHC Bingo 11:00– 11:30 AM
March 8th, Thurs.	“Exercise with Erin” 9:30-10:00 AM Spencer Shopping Trip- Cost: \$8 from Center, \$10 from Home
March 9th, Fri.	Genesis Bingo 11:00-11:30 AM
March 11th, Sun.	Spring Forward– Set clocks forward 1-Hour
March 12th, Mon.	“Exercise with Erin” 9:30-10:00 AM
March 13th, Tues.	Planning Committee Meeting 1:30 PM Bible Study 10:15 AM
March 14th, Wed.	Choir Practice 10:30-11:00 AM “Crafts” 9:00-10:30 AM
March 15th, Thurs.	“Exercise with Erin” 9:30-10:00 AM
March 16th, Fri.	St. Patrick’s Day BIG BINGO 10:30-11:30 AM
March 20th, Tues.	Bible Study 10:15 AM      FIRST DAY OF SPRING!!!!!!!!!!
March 21st, Wed.	Choir Practice 10:30-11:00 AM
March 22nd, Thurs.	“Exercise with Erin” 9:30-10:00 AM
March 23rd, Fri.	Placemat Decorating Contest SHIP Counselor Medicare Minutes 10:45-11:00 AM
March 24th, Sat.	CASH Bingo at CCCOA 6:00-8:00 PM
March 26th, Mon.	“Exercise with Erin” 9:30-10:00 AM Board Meeting 2:30 PM
March 27th, Tues.	Easter Bunny Brunch 9:30-11:00 AM
March 28th, Wed.	Covered Dish Birthday/Easter Dinner Musical Entertainment 10:30-11:30 AM NO BINGO WILL BE PLAYED TODAY!
March 29th, Thurs.	“Exercise with Erin” 9:30-10:00 AM
March 30th, Fri.	CLOSED for Good Friday



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.

[Fitness Center OPEN Monday, Tuesday, Thursday 4:30-6:30 PM](#)

[Prevent T2 Class Thursday 10:00-10:45 AM](#)

# March 2018 ~ West Fork Events

- March 1, Thurs. RHC Bingo 10:00-10:30 AM  
Cards/Games 10:30-11:30 AM
- March 5, Mon. Crafts/Cards/Cookbook 10:30-11:30 AM
- March 6, Tues. Cards/Board Games 10:30-11:30 AM
- March 8, Thurs. Cards/Raffles & Fundraisers 10:30-11:30 AM
- March 11, Sun. Spring Forward– set clocks forward 1-Hour
- March 12, Mon. Crafts/Cards/Crafts 10:30-11:30 AM
- March 13, Tues. Cards/Board Games 10:30-11:30 AM
- March 15, Thurs. St. Patrick's Day Party  
Cards/Games/Puzzles 10:30-11:30 AM
- March 19, Mon. Crafts/Cards/Cookbook 10:30-11:30 AM
- March 20, Tues. Cards/Games/Puzzles 10:30-11:30 AM
- March 22, Thurs. Cards/Games 10:30-11:30 AM
- March 26, Mon. Cards/Games/Puzzles 10:30-11:30 AM
- March 27, Tues. Cards/Games/Puzzles 10:30-11:30 AM
- March 29, Thurs. Hospice Screenings 10:30-11:00 AM  
Entertainment & Birthday Dinner 10:30-11:30 AM

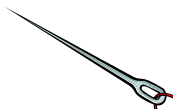


Exercise 9:00 - 9:30 am / Socializing from 9:30-10:00 am daily unless otherwise stated.  
Bingo will be played daily from 10:00 - 10:30 am unless otherwise stated.

## \*Find the Needle\*

Last month the needle was on page 18 of the newsletter.

**Actual needle size**



## An Irish Prayer:

May God give you, for every storm, a rainbow,  
For every tear, a smile,  
For every care, a promise,  
And a blessing in each trial.  
For every problem life sends, A faithful friend to share,  
For every sigh, a sweet song,  
And an answer for each prayer.





## March Birthdays

Loretta Sanger	March 1
Sally Hashman	March 4
Martha Harris	March 4
Patty Sims	March 4
Debbie Hammons	March 8
Paul Messersmith	March 8
Karen Hollinger	March 9
Doug Stull	March 11
Steve Roberts	March 15
Dorothy Lynch	March 18
Patricia Knicley	March 18
Geraldine Lamont	March 19
Eva Marks	March 20
Leon McDonald	March 22
Sharon Knotts	March 22
Norma Coon	March 23
Robert Bonar	March 25
William Barr	March 28
Cindy McCartney	March 29



Photo on Left: Standing: Carol Kanalley & Brian Lamont  
Seated: Wanda Carpenter & Joann Ward  
Happy Birthday!



Photo on Right: Entertainment for Birthday Dinner:  
Rick Sampson ~ Thank you so much!

## CCCOA Employee



**Carrie McKown 1st**  
**Linda Peggs 10th**  
**Marty Park 17th**  
**Samantha Poling 17th**  
**Jessica Bell 26th**

## CCCOA Cash Bingo

*Saturday, March 24<sup>th</sup>*

**6:00 – 8:30 PM**

**\*Concessions Sold\***

TO				
<b>B I N G O</b>				
4	27	32	55	73
15	25	41	58	75
8	26	00	59	70
7	22	33	54	62
13	17	43	48	67

*For more information call: 354-7017*  
All proceeds go to the Calhoun County Committee.

# West Fork News



Jessie Hickman 88, Ruby Laughlin 89, and Gae Bailey 90, celebrate their birthdays at a surprise party held during the Valentine's Day Celebration. They were presented with a framed photo.

In addition, the center enjoyed a wonderful brunch with fresh maple syrup, compliments of Tex and Pat Murphy.



Birthday Dinner Entertainment provided by: Larry Cottrell, Sharon Knotts, Debbie Butcher and Clayton Moore.



Celebrating Birthdays: Debra Defibaugh, supervisor for NCOA workers, and Gloria Murphy, who's birthday was in January.



## EASTER BUNNY BRUNCH

Tuesday, March 27th, 9:30-11:00 am  
CCCOA Dining Hall

Join the Easter Bunny for:  
Photos & Treats  
Pancakes & Sausage  
Crafts  
Face Painting

This is an event for the entire community!







The 2018  
CCCOA Sweethearts:

**Roy Pursley  
&  
Violet Williams**



Winner of the Best Valentine's Day Attire:

**Norma Gumm**

♥ **HAPPY**  
*Valentine's*  
**DAY** ♥

## Broccoli Bacon Ranch Pasta

### Ingredients

2 cups broccoli florets, blanched and chopped into smaller bites  
 10 slices bacon, cooked, drained of fat, and chopped  
 1 cup cherry tomatoes, whole  
 1 cup shredded sharp cheddar cheese  
 1 cup sweet peas, cooked  
 8 oz pasta shells, cooked  
 2/3 cup mayo  
 1/2 cup milk  
 1 or 2 tablespoons dry Ranch mix, or more, to taste

### Instructions

In a large bowl, combined chopped blanched broccoli, chopped cooked bacon, whole cherry tomatoes, shredded sharp cheddar cheese, cooked sweet peas, cooked pasta shells.

In a medium bowl, combine mayo and milk and add 1 or 2 tablespoons of dry Ranch mix. Mix well and taste to see if you need to add more dry Ranch mix to the dressing.

Gradually add the salad dressing to the large bowl with the salad ingredients. Some people like lots of dressing on their salad, some don't - let your taste be your guide as far as how much dressing to add!



## One Pan Garlic Herb Chicken and Asparagus

### Ingredients

3-6 chicken thighs or boneless skinless chicken breasts (breasts pounded to even 1/2 inch thickness)  
 Salt  
 and pepper, to taste  
 1 pound asparagus, ends trimmed  
 3 tablespoons butter, divided  
 1 tablespoon minced garlic  
 1/2 teaspoon dried basil (see note)  
 1/2 teaspoon dried oregano  
 1/2 teaspoon dried thyme  
 1/2 teaspoon onion powder  
 salt and pepper, to taste  
 fresh herbs for garnish (optional)



### Instructions

Season chicken with salt and pepper on both sides. Melt 2 tablespoons butter in a large pan/skillet over medium-high heat. Stir in garlic and herbs and cook another minute or so until the garlic is fragrant. Reduce heat to medium, add chicken to pan, and cook for 5-7 minutes, then flip and cook another 5-7 minutes. (Chicken should be nearly, but not completely cooked through by this point)

Scoot the chicken over the sides and add remaining 1 tablespoon butter to the empty portion of the pan. Once the butter is melted, add asparagus. Season asparagus with salt and pepper, to taste. Cook, rotating throughout, for 4-6 minutes until tender and chicken is completely cooked through. Serve immediately garnished with freshly cracked black pepper and fresh herbs if desired.



## Upcoming Day Trips!

### Spencer Shopping Trip ~ March 8th

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

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



Contest for the best Saint Patrick's Day outfit!

March 14th @ 11:00 am

## Sock Bunny Tutorial

To make sock bunnies you will need:

- a small sock
- felt
- large pom pom
- moveable eyes
- ribbon
- clear rubber bands
- rice

### Step one

Fill your sock with about a cup of rice, depending on the size of your sock. Tie clear rubber bands twice to create a head, one on the neck and one on top of the head.

### Step two

Cut a contrasting piece of felt to create a "belly" for the bunny, glue onto sock using tacky glue or hot glue.

### Step three

Glue eyes, teeth (a tiny square piece of felt cut down the middle that resemble teeth), pom pom on the back, and a nose (small rounded triangle piece of felt). Tie a bow around the sock bunny.

### Step four

Cut the top of the sock in half to create ears on the sock bunny. Snip off the corners to make the ears slightly rounded.



# Upcoming CCCOA events:

All upcoming events will be in the dining hall of the Grantsville CCCOA.

- March 24<sup>th</sup>, 2018      Cash Bingo~ Quarter a card per game.  
 Snacks and refreshments will be sold!  
 Doors open at 5:30 pm, games begin at 6:00 pm
- March 27<sup>th</sup>, 2018      Easter Bunny Brunch~ Join us for Pancakes &  
 Sausage, Photos & Treats, Crafts and Face Painting.  
 Beginning at 9:30am-11:00am
- April 21<sup>st</sup>, 2018      Mix & Match Bingo~ Thirty-One, Paparazzi, Lula Roe,  
 Premiere Jewelry, Case Knives and more! \$20.00 cover  
 charge, and additional bingo cards will be sold as well as  
 snacks and refreshments!

For more information please call 304-354-7017.

All proceeds go to the CCCOA to help with the existence and continuance of programs!  
We thank you in advance for your support of the CCCOA!



Hours of Operation are as follows:

- Mon.      4:30pm-6:30 pm**
- Tues.     4:30pm-6:30pm**
- Thurs.    4:30pm-6:30pm**

Cost is \$2.00 per session.  
 Must be 18 years of age or older to use the facility.  
 Anyone using the facility **MUST** sign a waiver.  
 Children are not permitted due to safety purposes.  
 If you are 60 years of age and over, the fee is waived.

Please note: If the weather is bad, or we are expected to get bad weather that evening, the facility will be closed. Hope to see you all here!



This month I have a few different things to talk about. For instance- I was in the garage one day in January filling my bird seed cans and it was very cold. I started to walk out, and something made me look down and there on the cold, cement floor was a very small woolly worm. It was half the size of the one that I think lives in the house. I haven't seen him lately. Maybe he lost his key. Anyway, I picked up the baby worm and held him in my hand. He didn't move. I took him in the house and put him on the shelf over my kitchen sink. I thought that the sun would warm him. No movement. Frank said, "I think that it is dead."

But I would not give up. C.P.R. was out because I couldn't find which end had the mouth. The wrong end would be disastrous. Even if I found the right end and blew in his mouth I'd probably blow him across the kitchen. When he didn't move for about four days I knew that he wasn't frozen stiff but had rigor mortis. So, I reluctantly put him in my trash bag. So sad.

The other thing happened in January too. I was putting clean water in my red chicken's pan and glanced in the nest. Not one- not two- but three beautiful brown eggs were in that nest!! What a shock. She is old for a chicken. She should be sitting a rocking chair and knitting. So far, she has laid 8 eggs. It is unbelievable. Then I thought maybe I should check the rest of my buff colored chicken. Oh, boy, one egg. Up to now she has laid three eggs. Miracles do happen. Maybe it's because I heat the coop in the winter with two of those electric radiators and cool it in the summer with a big fan and open windows. I also let them out in the yard when it is nice. So, there are my two happenings.

Happy St. Patrick's Day.

'til next month,  
~Judy~

## 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:**

*Gift of Love*



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

**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!**

### 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

# March 2018



Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Menu Subject To Change Without Notice</b></p>	<p><b>2% Milk and Margarine Served Daily</b></p>	<p><b>1</b> Oven Baked Chicken Scalloped Potatoes Broccoli Peachy Crisp Whole Wheat Bread</p>	<p><b>2</b> Hamburger Patty w/Mayo, Lettuce Whole Wheat Bun Potatoes Sweet Corn Pineapple</p>
<p><b>5</b> Beef &amp; Vegetable Soup Spinach Chocolate Pudding Whole Wheat Bread</p>	<p><b>6</b> Bean Soup w/Ham Apple Cabbage Slaw Fruit Cocktail Cornbread</p>	<p><b>7</b> Cream Tomatoes Cubed Potatoes Apple Crisp</p> <p><b>RHC Bingo</b></p>	<p><b>8</b> Spaghetti &amp; Meat Sauce Salad Apple sauce Wheat Garlic Toast</p> <p><b>Spencer Shopping Trip</b></p>	<p><b>9</b> Pork Chop w/gravy Dressing Green Beans Juice Whole Wheat Roll</p> <p><b>Genesis Bingo</b></p>
<p><b>12</b> Chicken Salad Tomato Soup Fruit Whole Wheat Bread</p>	<p><b>13</b> Steak &amp; Peppers Au Gratin Potatoes Green Peas Mixed Fruit Whole Wheat Bread</p>	<p><b>14</b> Oven Crisp Chicken Spinach Sweet Potatoes Whole Wheat Roll</p> <p><b>Craft Class</b></p>	<p><b>15</b> Vegetable Soup Crackers Brownie Fruit</p>	<p><b>16</b> Cook's Choice</p> <p><b>BIG BINGO!</b></p>
<p><b>19</b> Oven Fried Chicken Boiled Potatoes Green Beans Fruit Biscuits</p>	<p><b>20</b> Tuna Salad Sandwich Mixed Vegetable Soup Orange-Pineapple Gelatin</p>	<p><b>21</b> BBQ Chicken Baked Beans Broccoli Whole Wheat Bread</p>	<p><b>22</b> Beef &amp; Macaroni Steam Vegetables Fruit Whole Wheat Bread</p>	<p><b>23</b> Chicken &amp; Pasta Steamed Vegetables Jell-O Garlic Bread</p>
<p><b>26</b> Salisbury Steak/Gravy Mashed Potatoes Corn Apple Slices Whole Wheat Bread</p> <p><b>Board Meeting</b></p>	<p><b>27</b> Cook's Choice</p>	<p><b>28</b> Cook's Choice</p> <p><b>Grantsville B-Day &amp; Easter Dinner</b></p>	<p><b>29</b> Chicken Italiano Pasta Buttered Carrots Fruit Medley Whole Wheat Bread</p> <p><b>West Fork Birthday Dinner</b></p>	<p><b>CLOSED FOR GOOD FRIDAY</b></p>



# WORD SEARCH!

## SPRING CLEANING

FIND AND CIRCLE THE WORDS ON THE LIST...WORDS MAY BE FOUND ACROSS, DOWN, OR DIAGONALLY  
--FORWARDS, BACKWARDS, AND SOMETIMES OVERLAPPING. HAVE FUN!

### WORD LIST

ATTIC  
BACK YARD  
BASEMENT  
BOXES  
BUCKET  
CAR  
CEILING  
CLEAN  
DRYER  
FRONT YARD  
GARAGE  
GARBAGE  
GLOVES  
GUTTERS  
LADDER  
LAUNDRY  
LAWNMOWER  
MIRRORS  
MOP  
ORGANIZE  
PAINTBRUSH  
RAKE  
SHED  
SORT  
SPONGE  
VACUUM  
WATER  
WALLS  
WASH MACHINE  
WINDOW CLEANER

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



# HAPPY ST. PATRICK'S DAY!



Words go left, right, up, down, not diagonally, and can bend at a right angle. There are no unused letters in the grid, every letter is used only once.



F	G	O	D	N	A	L	E	R	I		
O	T	L	D	E	R	A	S	G	S		
P	O	L	E	M	E	L	O	N	N		
H	G	A	L	E	C	D	T	E	E		
A	N	I	L	L	T	I	N	R	G		
R	G	H	P	C	I	A	S	E	L		
O	E	S	A	T	R	O	N	P	R		
A	G	N	U	N	U	A	H	C	E		
D	D	A	A	C	I	M	U	S	I		
H	C	R	A	M	R	U	L	C	C		

- CELTIC
- CLAY PIPE
- CLOVER
- CLURICAUN
- DAGDA
- DANCES
- DRUIDS
- EMERALD
- GREEN
- HARP
- IRELAND
- KNOTWORK
- LEPRECHAUN
- MARCH
- MUSIC

- ORANGE
- PARADE
- PATRON SAINT
- POETRY
- POT OF GOLD
- RAINBOW
- SERPENTS
- SHAMROCK
- SHILLELAGH
- SHOEMAKER
- SONGS
- TOP HAT
- TREFOIL
- WHITE

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

ANSWER:



# 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

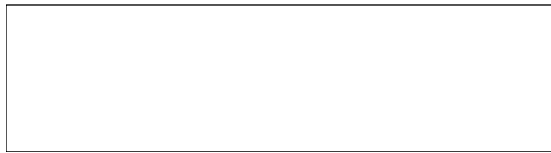


### West Fork Center

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.