

Inside This Issue:

| | |
|--------------------|----|
| Grantsville Events | 2 |
| West Fork Events | 3 |
| Birthday Page | 4 |
| West Fork News | 5 |
| Soapbox | 6 |
| Grantsville News | 7 |
| Random Thoughts | 8 |
| Trips/Recipe | 9 |
| Gratitude | 10 |
| Giving Thanks | 11 |
| Spotlight | 12 |
| Spotlight | 13 |
| Program Info. | 14 |
| Program Info. | 15 |
| Menu | 16 |
| Fun Page | 17 |
| Fun Page | 18 |
| Business Page | 19 |

CCCOA NEWS

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

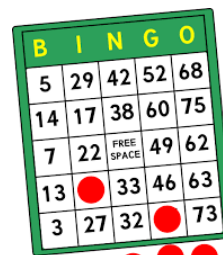
November

Dates To Remember

- Nov. 2nd "Exercise with Erin" 9:30 -10:00 am
- Nov. 3rd "Healthy Me"
- Nov. 6th "Exercise with Erin" 9:30 -10:00 am
- Nov. 8th Health Fair @ Grantsville CCCOA 7:00-10:00 am
Choir Practice
- Nov. 9th **VETERANS DAY DINNER**
Spencer Shopping Trip
TRIP MUST BE PAID FOR AT TIME OF RESERVATION
"Exercise with Erin" 9:30 -10:00 am
- Nov. 10th **CENTER CLOSED FOR VETERANS DAY**
- Nov. 13th "Exercise with Erin" 9:30 -10:00 am
- Nov. 14th FGP Meeting 10:00 am
Suicide Prevention Presentation 9:30-11:00 am
Planning Committee Meeting 1:30 pm
- Nov. 15th Choir Practice
Crafts
- Nov. 16th Christmas Shopping Trip Depart @ 8:30 am
TRIP MUST BE PAID FOR AT TIME OF RESERVATION
"Exercise with Erin" 9:30 -10:00 am
- Nov. 17th Genesis Bingo
- Nov. 20th "Exercise with Erin" 9:30 -10:00 am
- Nov. 22nd Choir Practice
- Nov. 23rd **CENTER WILL BE CLOSED FOR THANKSGIVING**
- Nov. 24th **CENTER WILL BE CLOSED FOR THANKSGIVING**
- Nov. 27th "Exercise with Erin" 9:30 -10:00 am
CCCOA Board Meeting 2:30 pm
- Nov. 29th Covered Dish Birthday Dinner
Musical Entertainment 10:30-11:30am
NO BINGO WILL BE PLAYED TODAY!
- Nov. 30th "Exercise with Erin" 9:30 -10:00 am

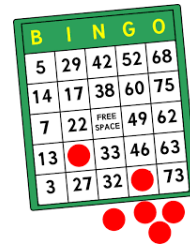


- Nov. 1st, Wed. Choir Practice 10:30-11:00 am
- Nov. 2nd, Thurs. "Exercise with Erin" 9:30-10:00 am
- Nov. 3rd, Fri. "Healthy Me"
- Nov. 5th, Sun. Don't forget to set clocks back one hour!
- Nov. 6th, Mon. "Exercise with Erin" 9:30-10:00 am
- Nov. 8th, Wed. Semi-Annual Health Fair 7:00-10:00 am
Choir Practice 10:30-11:00 am
- Nov. 9th, Thurs. "Exercise with Erin" 9:30-10:00 am
Spencer Shopping Trip 8:30 am
Veteran Dinner
- Nov. 10th, Fri. **CENTER CLOSED FOR VETERANS DAY**
- Nov. 13th, Mon. "Exercise with Erin" 9:30-10:00 am
- Nov. 14th, Tues. FGP Meeting 10:00 am
Suicide Prevention Pres. 9:30-11:00 am
Planning Committee Meeting 1:30 pm
- Nov. 15th, Wed. Choir Practice 10:30- 11:00 am
"Christmas Wreath Craft"
- Nov. 16th, Thurs. Christmas Shopping Trip Depart 8:30 am
"Exercise with Erin" 9:30-10:00 am
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Musical Entertainment 10:30-11:30 am
NO BINGO WILL BE PLAYED TODAY!
- Nov. 30th, Thurs. "Exercise with Erin" 9:30-10:00 am



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.

- Nov. 2nd, Thurs. Cards/Games/Corn Hole 10:30-11:30 am
- Nov. 5th, Sun. Don't forget to set clocks back one hour!
- Nov. 6th, Mon. Cards/Crafts 10:30-11:30 am
- Nov. 7th, Tues. Line Dancing/Cards/Games 10:30-11:30 am
- Nov. 8th, Wed. Semi-Annual Health Fair 7:00-10:00 am
- Nov. 9th, Thurs. Cards/Games/Corn Hole 10:30-11:30 am
- Nov. 13th, Mon. Cards/Crafts 10:30-11:30 am
- Nov. 14th, Tues. Line Dancing/Cards/Games 10:30-11:30 am
- Nov. 20th, Mon. Cards/Crafts 10:30-11:30 am
- Nov. 23rd, Thurs. **CENTER WILL BE CLOSED FOR THANKSGIVING**
- Nov. 27th, Mon. Cards/Crafts 10:30-11:30 am
- Nov. 28th, Tues. Line Dancing/Cards/Games 10:30-11:30 am
- Nov 30th, Thurs. Cards/Games/Corn Hole 10:30-11:30 am
 Covered Dish Birthday Dinner
 Musical Entertainment 10:30-11:30 am
NO BINGO WILL BE PLAYED TODAY!



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

The needle was on page 12 last month. Look for the needle in this months newsletter.

Actual needle size



November Birthdays

- Judy Powell Nov. 3
- Virginia Swart Nov. 3
- Ruby Laughlin Nov. 4
- Louise Cheesbrew Nov. 7
- Sutchai Cottrell Nov. 9
- Roberta Wilson Nov. 10
- Kathleen Harris Nov. 11
- Opal Weaver Nov. 12
- Janet Marks Nov. 16
- Robert Groves Nov. 18
- Hobert Richards Nov. 26
- Bruce Schoolcraft Nov. 29



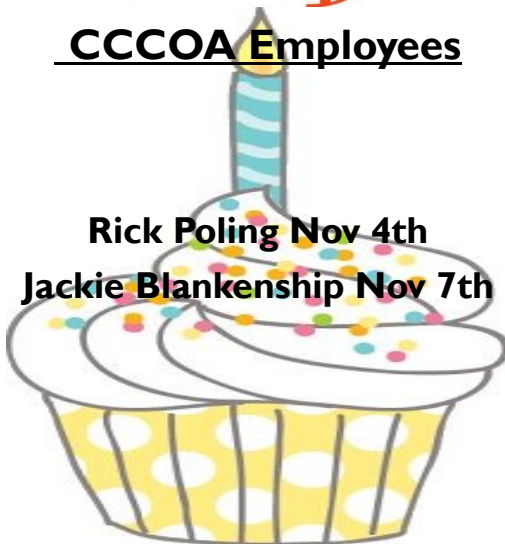
Celebrating October Birthdays

Standing: Brandi Roberts, Nancy Yoak,
Seated: Ruth Poorman, Joan Auvil

Happy
BirthDay

CCCOA Employees

Rick Poling Nov 4th
Jackie Blankenship Nov 7th



WF October Birthday's:

Betty Ellison



Birthday Dinner Entertainment:
Eugene Parsons, Randy Wilson &
Clayton Moore

Left to Right:

Pat Knicley, Gae Bailey,
Jessie Hickman, Ruth Morris,
Randy Wilson, Gloria Murphy,
Pat Murphy, Ford Wilson,
in front on walker
Betty Ellison



Left to Right:

Most Unusual: Jessie Hickman
Ugliest: Ford Wilson
Scariest: Gae Bailey
Funniest: Randy Wilson
Prettiest: Ruth Morris
Most Original: Betty Ellison

I know that November is Thanksgiving, but it is also Veterans Day month. I found the following and thought that it would be so much better than anything that I could write.

In Flanders Fields
By John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row.
That mark our place; and in the sky
The larks, still bravely singing fly
Scarce heard amid the guns below.

We are the Dead, Short days ago
We lived, felt down, saw sunsets glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

If you see a serviceman or woman tell them "THANKS."

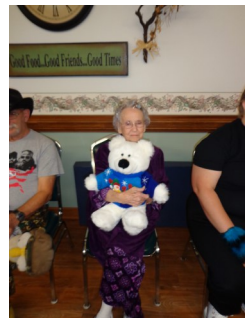
Happy Thanksgiving.
"til next month,
~Judy~





Halloween Party at the CCCOA
Left to Right

Costumes winners:
 Most Original : Iline Compton
 Silliest: Brian Lamont
 Prettiest: Violet Williams
 Most Unusual: Norma Gumm
 Best of Show: Hazel Tingler
 Scariest: Alice Cottrell



Perfect Pumpkin Cheesecake Bars

"These pumpkin cheesecake bars are delicious and perfect for the fall holidays. They taste best when chilled in the refrigerator overnight!"

Ingredients

Crust:

1 1/2 cups all-purpose flour
1/2 cup butter, softened
1/4 cup white sugar

Cheesecake Layer:

8 ounces cream cheese
1/4 cup white sugar
1 egg
1/2 teaspoon vanilla extract

Pumpkin Layer:

1 (15 ounce) can pumpkin puree
1 (12 ounce) can evaporated milk
3/4 cup white sugar
2 eggs
3/4 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves

Directions

Preheat oven to 425 degrees F (220 degrees C).

Stir flour, butter, and 1/4 cup sugar together in a bowl until dough is well-blended. Pat dough into the bottom of a 9x13-inch baking dish.

Bake in the preheated oven until crust is lightly golden, 10 to 15 minutes. Cool. Reduce oven temperature to 350 degrees F (175 degrees C).

Beat cream cheese, 1/4 cup sugar, 1 egg, and vanilla together in a bowl with an electric mixer until smooth.

Whisk pumpkin puree, evaporated milk, 3/4 cup sugar, 2 eggs, cinnamon, salt, ginger, and cloves together in a bowl.

Spread cream cheese mixture evenly over cooled crust. Pour pumpkin mixture over cream cheese mixture.

Bake in the preheated oven until bars are set, about 60 minutes. Cool to room temperature, then refrigerate overnight.



DIY THANKFUL PUMPKIN KEEPSAKE

Very simple craft and a great keepsake for years to come.

All you will need is a craft pumpkin and sharpie, both of which you can pick up at a craft store.

Begin by writing and designing your pumpkin with the saying "What are you thankful for?" When your guests arrive for Thanksgiving dinner ask them to take a moment and write down what they are thankful for this year.

It's a great centerpiece and a great keepsake for years to come. What a way to reflect back on previous years, especially as the children in your family grow.



Upcoming Day Trips!
November 9th ~ Spencer Shopping Trip
November 16th ~ Christmas Shopping Trip

For further details contact Cindy Cottrell @ 304-354-7017.
 Seating is limited, we ask that you pay of the trip when signing up.

Bruschetta Chicken Bake

Ingredients

- 1 1/2 pounds skinless, boneless chicken breast halves - cubed
- 1 teaspoon salt
- 1 (15 ounce) can diced tomatoes with juice
- 1/2 cup water
- 1 tablespoon minced garlic
- 1 (6 ounce) box chicken-flavored dry bread stuffing mix
- 2 cups shredded mozzarella cheese
- 1 tablespoon Italian seasoning

Directions

Preheat oven to 400 degrees F (200 degrees C). Spray a 9x13-inch glass baking dish with cooking spray. Toss the cubed chicken with the salt in a large bowl. Place the chicken in a layer into the bottom of the baking dish. Stir together tomatoes, water, garlic, and stuffing mix in a large bowl; set aside to soften. Sprinkle the cheese on top of the chicken, then sprinkle with the Italian seasoning. Spread the softened stuffing mixture on top. Bake uncovered until the chicken cubes have turned white and are no longer pink in the center, about 30 minutes.



Contributors

We appreciate your thoughtfulness and caring gestures.

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

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

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!

THE COST OF GRATITUDE

Today, I'm aware of the fact that life is better than I deserve, which is saying something these days. The world is full of pain and suffering, hardship and turmoil, disappointment and regret. So the fact that I can be thankful and mean it is, in its own way, a small miracle.

I'm learning there is a responsibility that comes with privilege. That I am blessed to bless. Gifted to give. I am not lucky, fortunate, or merely disciplined; I am expected to do something with the grace I've been given. And so are you.

When I was younger, I didn't understand gratitude. In a universe that seemed to hurt for no reason, giving thanks felt disingenuous. Living in a world where children die of hunger every day, it just didn't make sense. But now I understand. Being grateful is a choice. So today, I chose to make a list.

THE GRATITUDE LIST

Gratitude is not my natural disposition, so this took some time and effort. It was a discipline to remind myself of the many reasons I have to be grateful. But it was an exercise well worth the discomfort.

Here's my challenge to you: Take some time today, wherever you are and whatever you're doing, to come up with a gratitude list. If it doesn't come naturally, don't let that stop you from still giving thanks. There is still much to be thankful for, if we only have eyes to see.

And in case you were wondering, here are my 10 reasons to give thanks today:

I am thankful for my health, for being able to run half-marathons and eat turkey dinners.

I am thankful for my wife, who vowed to be my biggest fan on the day we were married and has never once let me down.

I am thankful for the gift and work of writing — that it is both extremely hard and easy at the same time. Easy to do, hard to master. Always frustrating. Always rewarding.

I am extremely thankful for the online community of writers and readers who are making a difference in the world. You guys inspire me.

I am thankful for living in a town full of creative minds and opportunities.

I am thankful for doing work that matters.

I am thankful for music — bands like Mumford and Sons and Nirvana and the Beatles. Their words and music inspire me to create my own art.

I am thankful for movies — for being able to turn part of my brain off and still be inspired.

I am thankful for books — eBooks, audiobooks, children's books, novels, and memoirs. My shelves are full of them, and they are my one true lust.

Lastly, and most importantly, I am thankful for Grace — for love that cannot be explained (only surrendered to), for a Creator that inspires creativity, for purpose and a hope that there is more to the story than we see.

<https://goinswriter.com/thankful/>

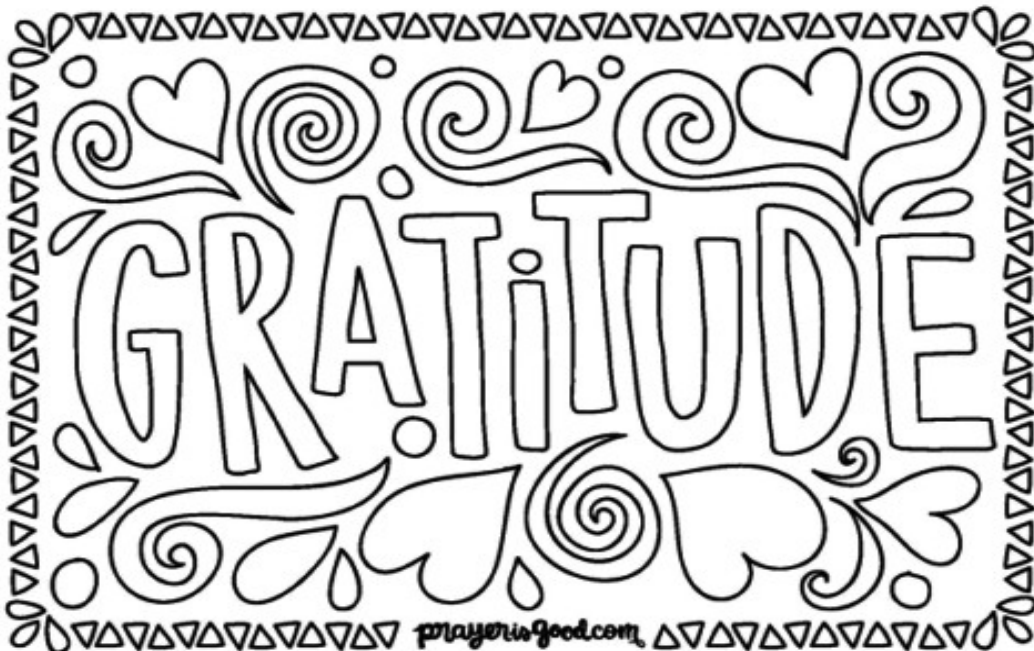
Giving Thanks

I found the article “The Cost Of Gratitude” inspiring, “The world is full of pain and suffering, hardship and turmoil, disappointment and regret.” We are living in a world that is changing daily, making it hard to focus on the simplest of life’s treasures, gifts and blessings.

This month, I am challenging you to take a moment and remember all that you are thankful for. There will be a Gratitude Box in the dining hall with slips of paper for you to fill out and insert in the box telling what you are thankful/grateful for. I ask that you participate and fill out a slip every day, or as often as you’d like. In a world full of chaos, there are still so many things to be grateful for. There is no right or wrong, big or small, or silly answer. I ask you to be completely honest with even the simplest of answers, I feel that is often what we take for granted, the simple things. It is so easy to become wrapped up in the trials and tribulations of life, that we lose sight of the good all around us. Remember, every day is not only a gift, but a privilege and for so many reasons.

In case you would like to keep a reminder list around the house.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____



THOSE WHO ARE
THE HAPPIEST,
NEVER DID HAVE
EVERYTHING.

BUT RATHER,
THEY ARE THANKFUL
FOR EVERYTHING
THEY DO HAVE.

Spotlight





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 or stop by the
Calhoun County Committee on Aging
located at
105 Market Street, Grantsville, WV 26147



November 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| <p>2% Milk And Margarine Served Daily</p> | <p>Menu Subject To Change Without Notice</p> | <p>1 Chili w/Meat & Beans Waldorf Salad Peach Yogurt Dessert Whole Wheat Brea</p> <p>RHC Bingo</p> | <p>2 Chicken Stew Long Grain Brown Rice Broccoli Pear Halves Whole Wheat Bread</p> | <p>3 Baked Flounder w/ Lemon Sauce Oven Browned Potatoes Carrot-Raisin Salad Peaches Whole Wheat Bread</p> <p>“Healthy Me”</p> |
| <p>6 Mixed Vegetable Soup Cheese Slices Whole Wheat Bread Three Bean Salad Cherry Crisp</p> | <p>7 Lasagna Raw Veggie Salad Plums Whole Wheat Bread</p> | <p>8 Barbecue Chicken Au Gratin Potatoes Green Beans Apricots Whole Wheat Bread</p> <p>Health Fair</p> | <p>9 Salisbury Steak w/ Gravy Mashed Potatoes Mexican Style Corn Apple Slices Whole Wheat Bread</p> | <p>10 CENTER CLOSED VETERANS DAY</p> <p style="text-align: center;">VETERANS DAY</p> |
| <p>13 Oven Baked Chicken Scalloped Potatoes Broccoli Peachy Crisp Whole Wheat Bread</p> | <p>14 Hamburger Patty on Whole Wheat Roll Lettuce/Tomato Oven Browned Potatoes Sweet Corn Pineapple Sliced</p> <p>FGP Meeting Suicide Prev. Pres.</p> | <p>15 Beef & Vegetable soup Spinach Chocolate Pudding Whole Wheat Bread</p> <p>Christmas Wreath Craft</p> | <p>16 Bean Soup W/Ham Apple-Cabbage Slaw Fruit Cocktail Cornbread</p> <p>Spencer Shopping Trip</p> | <p>17 Roast Turkey Breast Rice-Almond Casse- role Carrots Jellied Citrus Salad Angel Food Cake Whole Wheat Bread</p> <p>Genesis Bingo</p> |
| <p>20 Seasoned Broiled Fish Macaroni & Cheese Mustard Greens Cornbread</p> | <p>21 Spaghetti w/ Meat Sauce Raw Vegetable Salad Applesauce Whole Wheat Garlic Toast</p> <p>WF Thanksgiving Dinner</p> | <p>22 Roast Turkey Breast Cranberry Sauce Cornbread Stuffing Giblet Gravy Broccoli & Onion Au Gratin Pumpkin Pie Whole Wheat Roll</p> <p>Thanksgiving Dinner</p> | <p>23 CENTER CLOSED FOR THANKSGIVING</p> <p style="text-align: center;"><i>Happy Thanksgiving</i> </p> | <p>24 CENTER CLOSED FOR THANKSGIVING</p> <p style="text-align: center;"><i>Happy Thanksgiving</i> </p> |
| <p>27 Barbeque Chicken Baked Beans Broccoli Strawberries Whole Wheat Bread</p> <p>Board Meeting</p> | <p>28 Baked Pork Chop Sweet Potato Souffle Spinich Applesauce Whole Wheat Bread</p> | <p>29 Baked Potato w/ Cheese & Chives Deviled Eggs Zucchini Summer Squash Cherry Cobbler</p> <p>Birthday Dinner</p> | <p>30 Skinless Oven Fried Chicken Savory Potatoes Green Beans Cantaloupe Biscuits</p> <p>WF Birthday Dinner</p> | |



Thanksgiving Word Search

A G N I V I G S K N A H T G O
 R A E Y R R T I C U R O A D A
 L L T F E A S T E L S T M I T
 N P U M P K I N Y M H I K R R
 U L R Q C L N O V E M B E R E
 H A I D O E O T R O K U N N S
 F T L I F S L R I P G R O O S
 E T N E E R O E Z I U P U I E
 Y E O V N G C H B L F I Q T D
 A R Y R R E B N A R C O Y I D
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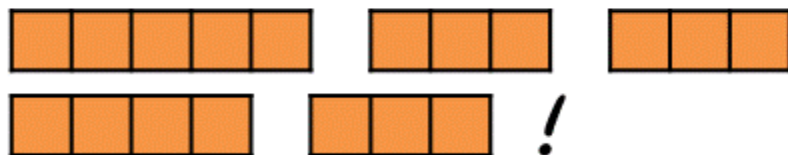
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|---------------|------------------|
| 1. Carve | 11. Holiday |
| 2. Celebrate | 12. November |
| 3. Colonist | 13. Pilgrim |
| 4. Cornucopia | 14. Platter |
| 5. Cranberry | 15. Pumpkin |
| 6. Dessert | 16. Thanksgiving |
| 7. Farmer | 17. Tradition |
| 8. Feast | 18. Turkey |
| 9. Gather | 19. Vegetable |
| 10. Harvest | 20. Worship |



Thanksgiving Word Scramble

Unscramble the Thanksgiving words and then use the highlighted letters to form the secret message. You will have to unscramble the message as well.

| | | | | | | | | | | | |
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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

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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

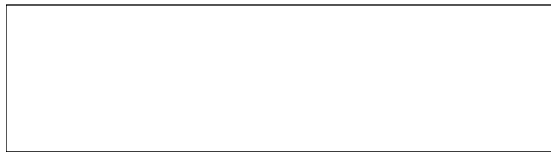
Hours: 7:30am - 3:30pm
Monday through Friday
Phone: 304.354.7017
Fax: 304.354.6859
Mailing: Post Office Box 619
Grantsville, WV 26147



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





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Calhoun County Committee on Aging Inc.