



CCCOA NEWS



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



Happy Halloween October 2015



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Highlights in October

- Oct 3rd- Town Wide Yard Sale @ 8:00 am
- Oct 8th- Ripley Shopping Trip @ 8:30 am
- Oct 7th- Flu Shot Clinic @ Westfork Site 9:30am
-Foster Grand Parents Meeting @ 10:00 am
- Oct 12th- CLOSED FOR COLUMBUS DAY
- Oct 13th- Planning Committee Meeting @ 1:00pm
- Oct 14th- Attorney General Rep.@ 10:30 am
- Oct 14th- Lifeline Screenings - 8:30-5:30pm
- Oct 15th- Spencer Shopping Trip Departs @ 8:30am
- Oct 16th- Hospice Screenings @ 10:30 am
- Oct 26th- Board Meeting @ 2:30 pm
- Oct 28th- Birthday Dinner @ 10:30 am
- Oct 29th-Birthday/Halloween Party Westfork @ 10:30 am
- Oct 30th- Halloween Party @11:00 am



Notice!!!

25 Days of Christmas raffle will begin on October 1st. Various Seniors are selling our tickets, or you may buy one at either center for \$10 each. For more information please call 304-354-7017 or 304-655-8805.

COMING UP!!

**2015
Fall Health Fair
Wednesday
November 4th
7:00-11:00am
Grantsville**

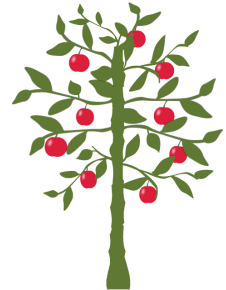




October 2015 Grantsville Events



- | | |
|--------------------------|--|
| Oct. 1st, Thurs. | Sweet Apple Farms Trip 10:30 A.M. |
| Oct. 2nd, Fri. | "Healthy Me" |
| Oct. 3rd, Sat. | Town-Wide Yard Sale 8 A.M.-? |
| Oct. 7th, Wed. | Choir Practice 10:30-11:00 A.M. |
| Oct. 8th, Thurs. | Ripley Shopping Trip Depart 8:30 A.M.
Cost \$10 from Center, \$12 from Home
Trip must be paid at time of reservation! |
| Oct. 12th, Mon. | CENTER CLOSED FOR COLUMBUS DAY |
| Oct. 13th, Tues. | Planning Committee Meeting 1:00 P.M. |
| Oct. 14th, Wed. | Choir Practice 10:30-11:00 A.M.
Roane Home Care BP Clinic 10:30 A.M.
Attorney General Rep. 10:30 A.M.
LIFELINE Screening 8:30 A.M.– 5:30 P.M. |
| Oct. 15th, Thurs. | Spencer Shopping Trip Depart 8:30 A.M.
Cost \$8 from Center, \$10 from Home
Trip must be paid at time of reservation! |
| Oct. 16th, Fri. | Hospice Care Screenings 10:30 A.M. |
| Oct. 21st, Wed. | Choir Practice 10:30-11:00 A.M.
Foster Grandparents Meeting 10:30 A.M. |
| Oct. 22nd, Thurs. | Retired School Employees Meeting
and Luncheon 10:30 A.M. |
| Oct. 26th, Mon. | Board Meeting 2:30 P.M. |
| Oct. 28th, Wed. | Covered Dish/Birthday Dinner
Musical Entertainment 10:30—11:30 A.M.
NO BINGO WILL BE PLAYED TODAY! |
| Oct. 30th, Fri. | Halloween Costume Party
Refreshments & Costume Judging 11:00 A.M.
Prizes for Most Unusual, Most Original, Prettiest,
Silliest, Scariest and Best of Show! |



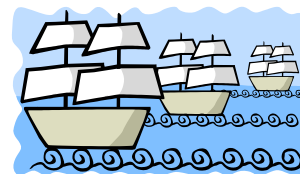
Rummy, Yahtzee, Dominos Daily 8:00– 11:00 A.M.

Bingo will be played daily from 11:00—11:30 A.M. unless otherwise stated.

October 2015 West Fork Events

**Oct. 1st, Thurs. Cards/Horse shoes/ Corn Hole 10:30-11:30 A.M.
Flu Shot Clinic 9:00 A.M.**

Oct. 5th, Mon. Line Dancing/Cards 10:30-11:30 A.M.

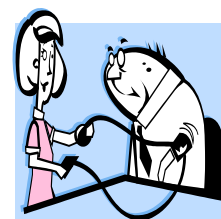


Oct. 6th, Tues. Line Dancing/Cards 10:30-11:30 A.M.



Oct. 8th, Thurs. Cards/Horse shoes/Corn Hole 10:30-11:30 A.M.

Oct. 12th, Mon. CENTER CLOSED FOR COLUMBUS DAY



Oct. 13th, Tues. Line Dancing/Cards 10:30-11:30 A.M.

Oct. 15th, Thurs. Spencer Bowling Trip 10:00 A.M.

**Oct. 19th, Mon. Roane Health Care BP Clinic – 9:00-11:30 A.M.
Line Dancing/Cards 10:30-11:30 A.M.**



Oct. 20th, Tues. Line Dancing/Cards 10:30-11:30 A.M.

Oct. 22nd, Thurs. Cards/Horse shoes/Corn Hole 10:30-11:30 A.M.



Oct. 26th, Mon. Line Dancing/Cards 10:30-11:30 A.M.

Oct. 27th, Tues. Line Dancing/Cards 10:30-11:30 A.M.

**Oct. 29th, Thurs. Nancy with Hospice 10:00-10:30 A.M.
Entertainment, Birthday Dinner
& Halloween Party 10:30-11:30 A.M.**



**Exercise 9:00– 9:30 A.M./Socializing 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

October Birthdays

Theodore Poulin Oct 1st
Ruth Poorman Oct 3rd
Carroll McCauley Oct 4th
Nancy Yoak Oct 5th
Gary Bancroft Oct 6th
Denzil McCumbers Oct 7th
Joanne Brannon Oct 9th
Larry Cottrell Oct 10th
Joan Auvil Oct 14th
Virginia McCumbers Oct 15th
Charles Russell Oct 17th
Carolyn Butler Oct 18th
Sandra Yeager Oct 23rd
Loretta Smith Oct 24th
Marvin Jarvis Oct 25th
Ben West Oct 26th

Celebrating September Birthdays at the Grantsville CCCOA:



Celebrating September Birthdays at the Westfork CCCOA:

Arlena Jarvis, Diana Bernier and guest Connie Knotts

Happy Birthday



CCCOA Employees

Carroll McCauley Oct 4th
Sara Marks Oct 8th
Betty Ellison Oct 10th
Brenda Sisson Oct 10th
Angela Sears Oct 19th

CCCOA Grantsville News

**SPONSORED BY:
CALHOUN COUNTY COMMITTEE ON AGING**

2015 Fall Health Fair

Visit a variety of health care booths, some with free samples.
Low cost or FREE screenings
See local media for prices on blood work.
Lab will be open 7-10 a.m.



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Sponsored by Calhoun County
Committee on Aging (CCCOA)

In collaboration with Minnie
Hamilton Health System and

The WV Bureau of Senior
Services (BOSS)

September- Big Bingo Winners:

1. Violet Williams
 2. Pearle Johnson
 3. Jacky Rogers
 4. Marian Moran
 5. Barb Roberts
 6. Eleanor Caltabiano
 7. Vier Hall
 8. Steve Miller
 9. Lenn Phillips
 10. Ray Tinger
 11. Louise Wolverton
 12. Iline Compton
 13. Eva Garnes
 14. Denzil Ward
 15. Charlie Duskey
 16. Portia Miller
 17. John Myers
 18. Thelma Hall
 19. Carol Cozart
 20. Odus Miller
 21. Virginia Simmons
 22. Dorothy Lynch
 23. Joan Auvil
 24. Wanda Carpenter
- Grand Prize - Alta Mae Richards

October Recognizes Bone and Joint Awareness

A woman's risk of breaking a hip is equal to her risk of developing breast cancer, uterine and ovarian cancer *combined*, according to the National Osteoporosis Foundation website.

This is why **Calhoun County Committee on Aging is hosting Life Line Screening, the nation's leading provider of preventive health screenings on Wednesday, October 14, 2015.** The screenings provided include an ultrasound of the heel, which is a first-rung osteoporosis risk test. This is an important test to take during October, a month dedicated to recognizing bone and joint disorders such as osteoporosis.

Screenings include tests to check for blocked carotid arteries, atrial fibrillation, and high blood pressure, which are the three leading risk factors for stroke. Nearly 800,000 strokes will occur this year, taking a life approximately every four minutes.

Other tests check for abdominal aortic aneurysms and PAD, also called "hardening of the arteries" in the legs. Many events also offer blood tests, including cholesterol, glucose and c-reactive protein screenings, as well as take-home colon cancer early detection tests.

Screening packages start at \$139. Single tests cost around \$70.

For more information regarding the screenings or to schedule an appointment, call 1-888-653-6441. Pre-registration is required.

CCCOA Westfork News

GET YOUR TICKETS NOW FOR YOUR CHANCE TO WIN!

Choose between a Savage 16 Trophy Hunter XP in your choice of calibers from 223 up to 338 (includes 3X9 Nikon Scope), or Remington Wingmaster 870 Special Edition Gold Trigger 12, 20, or 410 gauge, or Handgun package of your choice (includes: holster, ammo, etc., up to \$650.00 value).

Ticket Price - \$5.00 each or 5 for \$20.00

DRAWING WILL HELD - NOVEMBER 2, 2015

Proceeds will benefit the CCCOA

**WINNER WILL BE CONTACTED BY PREFERRED METHOD
(PHONE, OR EMAIL)**

For tickets call

WEST FORK CCCOA @ 304-655-8805

GRANTSVILLE CCCOA @ 304-354-7017



Refresh your driving skills with the **AARP SMART DRIVER COURSE!**

Wednesday, October 28, 2015 @ 8:30 am to 1:00 pm

or

Wednesday, November 4, 2015 @ 8:30 am to 5:00 pm

Classes will be offered at the West Fork Senior Center (Minnora)

Contact: 304-655-8805, 304-354-7017, or 304-655-7240

Registration Fee:

AARP Members \$15.00

Non-AARP Members \$20.00

Limited Class Size- Register Soon!

Defensive Driving Techniques
Safety Strategies
Traffic Laws & Rules

AARP MEMBERSHIP OR AARP
INSURANCE is NOT required to
take the course.

There are NO TESTS to pass- no
driving and no written tests.

5 Reasons Volunteerism is Great for Seniors

As a volunteer, retirement can afford you the chance to work on a project or issue that is important to you – simply for the passion of it, rather than for a paycheck. Seniors have a unique set of skills and knowledge to offer as volunteers: a lifetime of experience can help you help others in a myriad of ways, from mentoring and tutoring younger generations, to providing career guidance, to offering companionship and care.

Volunteerism isn't just beneficial for those being helped – research shows that volunteering confers mental and physical health benefits for those doing the helping. It also fosters positive social and family relationships and contributes to a positive image of seniors as a healthy and vital part of our society. Here are just a handful of reasons volunteer activity is beneficial:

1. **It helps bridge the generation gap.** Young people are often encouraged to volunteer as a way to broaden their horizons, improve their college prospects, build their resumes and help others while doing it. Seniors who volunteer have a unique opportunity to work with and assist younger generations — and learn from them, too.
2. **It helps change the way people think about older adults.** By using their talents and skills out in the world in a variety of ways, seniors demonstrate that they are active, involved and essential to a healthy community.
3. **It is good for mental health and can help prevent Alzheimer's.** The National Institute on Aging has reported that participating in social leisure activities and meaningful, productive activities such as volunteering may lower the risk of health problems in seniors, including dementia, as well as improving longevity. Being a volunteer can help keep the brain and the body active, which contributes to continuing cognitive health, according to numerous studies.
4. **It helps prevent senior isolation and depression.** In addition to getting seniors out of the house and into the community, volunteering has a positive effect on psychological wellness: according to the Corporation for National and Community Service, those who volunteer experience greater life satisfaction, a sense of purpose and accomplishment, more stress resilience, and lower rates of depression.
5. **It promotes healthy physical activity.** Volunteering can be good for keeping the body active, whether you're building houses for Habitat for Humanity or walking around your favorite museum as a volunteer docent. Maintaining a healthy level of physical fitness as we age helps ward off disease, injury and even dementia.

For more information visit: <http://www.aplaceformom.com/blog/9-26-14-reasons-seniors-volunteer/>

Spotlight on WV

Some interesting facts about West Virginia.

- West Virginia is the only state created by carving out territory from another state, without that state's permission.
- On October 24, 1861, in a public referendum, voters overwhelmingly supported the creation of the new state, to be called Kanawha. The following month, a convention at Wheeling changed the name to West Virginia. A hundred years later, a Beckley newspaper suggested the name of the state be changed to either Kanawha or Lincoln because so many people believed West Virginia was the western part of Virginia, and not a separate state.
- West Virginia's capital was originally Wheeling. It was changed to Charleston in 1870, back to Wheeling in 1875, and back to Charleston in 1885.
- West Virginia has the highest average elevation of any state east of the Mississippi River, and the most irregular boundary of any state.
- West Virginia played Pitt in the first football game ever broadcast on the radio, in 1921 on KDKA.
- From 1849 until 1851, the 1010-foot Wheeling Bridge was the longest bridge in the world. It was blown down by high winds in 1854. The New River Gorge Bridge near Fayetteville, completed in 1977, was the longest steel-arch bridge in the world until 2003, when a longer bridge was completed in China.
- The first union soldier killed by enemy action in the Civil War was Bailey Thornberry Brown. On May 22, 1861, while engaged in obtaining recruits, he was fired upon by Confederate pickets at Fetterman, near Grafton. He was given a military funeral. The first significant land battle between Union and Confederate Armies was the Battle of Philippi, on June 3, 1861.
- The first public school for blacks in West Virginia, organized in Parkersburg in 1862, was, according to contemporary newspaper account, the first such school south of the Mason-Dixon line and one of only two public schools run by blacks in the U.S..
- The first rural free mail delivery was started in Charles Town on October 6, 1896.
- The world's greatest gas well, "Big Moses" in Tyler County, was drilled in 1894. It produced 100,000,000 cubic feet of gas PER DAY.
- The first and world's largest clothes pin factory (which no longer exists) was located at Richwood.
- A one-lane bridge on Route 152 (formerly Route 152) in Wayne County was mentioned on NBC television in 1960 during the West Virginia Democratic Primary. When the bridge was replaced, it was named the Huntley-Brinkley Bridge.
- Chester Merriman of Romney is said to have been the youngest soldier of World War I, having enlisted at the age of 14.
- The town of Glen Gary received 35 inches of snow on February 11, 1983.
- Hank Williams, the legendary country music entertainer, apparently died in the back seat of a car traveling the roads of southern West Virginia on New Year's Day 1953. His chauffeur, unable to rouse him, stopped to get assistance at a Pure Oil Station at Oak Hill. In 2006 the gas station was demolished, although local residents had hoped to establish a museum in the building which would honor Hank Williams.
- For more information go to: <http://jeff560.tripod.com/wvfacts.html>

Soap Box by Judy

I'm easy to get along with. I hardly ever complain. I said hardly. But with this compliment bring out the soap box. Here I go. Ally OOP!! Phew! This could take time climbing up here. I have bad knees you know.

I belong to a club called the Rush Run C.E.O.S. Club. That stands for Community Education Outreach Service. I have been in this club for eleven years and I love it. I enjoy every meeting. We have the most amazing ladies in this club and we do so many good projects. We have a different one every month.

We donate a book to the library; donate all canceled stamps that we collect to a veteran's hospital. Coupons go to veterans too as do unwanted magazines. We donate school supplies and hats and gloves to a grade school. Used card faces are sent to Saint Jude's Ranch to be used to make more cards. We never forget domestic abuse. We bring in stuffed animals and other trinkets for bingo prizes at extended care and aging with grace. We also bring in stuffed animals for the E.M.S. at Minnie Hamilton for sick or hurting children. A soft cuddly animal is a calming effect.

We donate box tops for education and Campbell's soup labels to schools. We donate money to 4-H and neighbor helping neighbor and Christmas Connection. We collect pop tabs and small, individual toiletries for Ronald McDonald House. I collect used children's books for an Indian Reservation's Library and I send warm clothes to them from the thrift store. Also collected are the pieces of soap that are too small to keep using. I send them to a close friend in Kentucky. The woman makes laundry soap out of them. We do adopt a highway twice a year and donate to the food bank every month.

We turn in books read, volunteer hours, and recycling pounds for the record and we all donate to Energy Express and last but not least we donate to the Heritage Village.

So, this all sounds good-right? It is good and we do a lot of good but now comes the bad part. We always had lunch. Each one of us had a month and we supplied the main course while the rest of the members brought the side dishes. But somebody (and I'm not saying who) decided that there will be no lunches next year. What? Seriously- no lunch? I love lunch. I don't have to cook or do dishes and I can bring Frank some lunch to eat while I run around town and do my errands. Now he'll be "lunchless" until we get home and he'll be a little grumpy. So, now I'm grumpy. Whoever heard of a meeting without food?

Til' next month,
Judy

Fall is HERE –WAHOOO!!!

P.S. We are always cooking for new members but you won't get lunch.

My Favorite Recipe

Fantastic Taco Casserole

Ingredients:

- 1 lb ground beef
- 1 (1 1/4 ounce) package taco seasoning
- 1 (15 ounce) can refried beans
- 2 cups monterey jack cheese
- 1 cup salsa
- 2 green onions, chopped
- 1 (2 1/3 ounce) can sliced black olives
- 1 tomato, chopped
- 2 cups corn chips (coarsely crushed or chopped)



Directions:

Brown ground beef and drain. Add taco seasoning and cook according to the package directions, adding proper amount of water. Put corn chips on bottom of 8X8 dish. Cook refried beans on stove until hot. Add 1 cup of salsa. Stir until combined. Pour beans over corn chips in dish. Add beef to top of beans. Sprinkle remaining cheese over top. Sprinkle green onions and black olives over cheese. Bake in a 375 degree oven until the cheese is sufficiently melted. Take out of oven and sprinkle chopped tomatoes on top. Wait 1-2 minutes and serve.

Baked Apples

Ingredients:

- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 6 same-size Granny smith apples
- 2 tablespoons butter, cut into 6 teaspoon-size pieces
- 1 cup apple juice
- 6 sprigs fresh mint



Directions:

Preheat oven to 325 degrees. Combine cinnamon, nutmeg, and sugar in a small bowl. Set aside. Core apples, making sure not to puncture the bottom of the apples so that the juices will remain. Remove skin from 1/2-inch around top of apples at the opening. Fill each cavity with the cinnamon-sugar mixture. Top each apple with a teaspoon of butter. Place apples in casserole dish and pour apple juice around them. Cover pan with aluminum foil and bake for approximately 45 minutes to 1 hour. Remove from heat, let cool, and serve.



October 2015 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject To Change Without Notice		2% Milk And Margarine Served Daily	1 Chicken Sandwich Sweet Potato Fries Fruit Whole Wheat Bun	2 Pork Chop Hash Brown Casserole Butter Beans Cornbread Juice
5 Beef Burrito w/Red Chili Beans Baked Potato w/Sour Cream & Butter Fruit	6 Broccoli Soup Fruit Brownie Crackers	7 Chicken Pasta Vegetables Green Beans Pineapple Salad Whole Wheat Bread Foster Grandparents Meeting	8 Pizza Banana Pudding Jello Ripley Shopping Trip	9 Hamburger Lettuce/Mayo/Onion Baked Beans Peaches Whole Wheat Bun
Center Closed For Columbus Day	13 Pinto Beans w/Ham Kale Onions Cornbread Juice Planning Committee Meeting	14 Sloppy Joe Ranch Potatoes Fruit Whole Wheat Bun Roane Home Care BP Clinic Attorney Gen Office Rep. Lifeline Screenings	15 Italian Sausage Onion & Peppers Green Beans Fruit Whole Wheat Bun Spencer Shopping Trip	16 Fish Sandwich Corn Coleslaw Whole Wheat Bun Juice
19 Creamed Chicken Mashed Potatoes Mixed Green Biscuit Juice	20 Potato Soup with Carrots Cheese Salad Sandwich Fruit Crackers Whole Wheat Bread	21 Pork BBQ Macaroni and Cheese Mixed Vegetables Juice Whole Wheat Bun	22 Baked Steak Mashed Potatoes Broccoli Whole Wheat Bread Juice Retired School Employees	23 Spaghetti with Meat Balls Cole Slaw Fruit Garlic Toast
26 Vegetable Soup Peanut Butter Sandwich Cherry Crisp Whole Wheat Bread Board Meeting	27 Chicken Tenders Cauliflower & Broccoli Cheese Sauce Ranch Potatoes Juice	28 Hot Dogs Coleslaw Fruit Whole Wheat Bun Grantsville Birthday Dinner	29 Stuffed Shells & Cheese Italian Vegetables Jello w/Fruit Whole Wheat Roll West Fork Birthday Dinner	30 Chicken Salad Macaroni Salad Fruit Whole Wheat Bread Halloween Costume Party

HALLOWEEN HOOT

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



WORD SEARCH



AUTUMN
 MASK
 BLACK CAT
 CANDY
 SCARY
 COSTUME
 CREATURE
 TREATS
 FRIGHT
 HARVEST

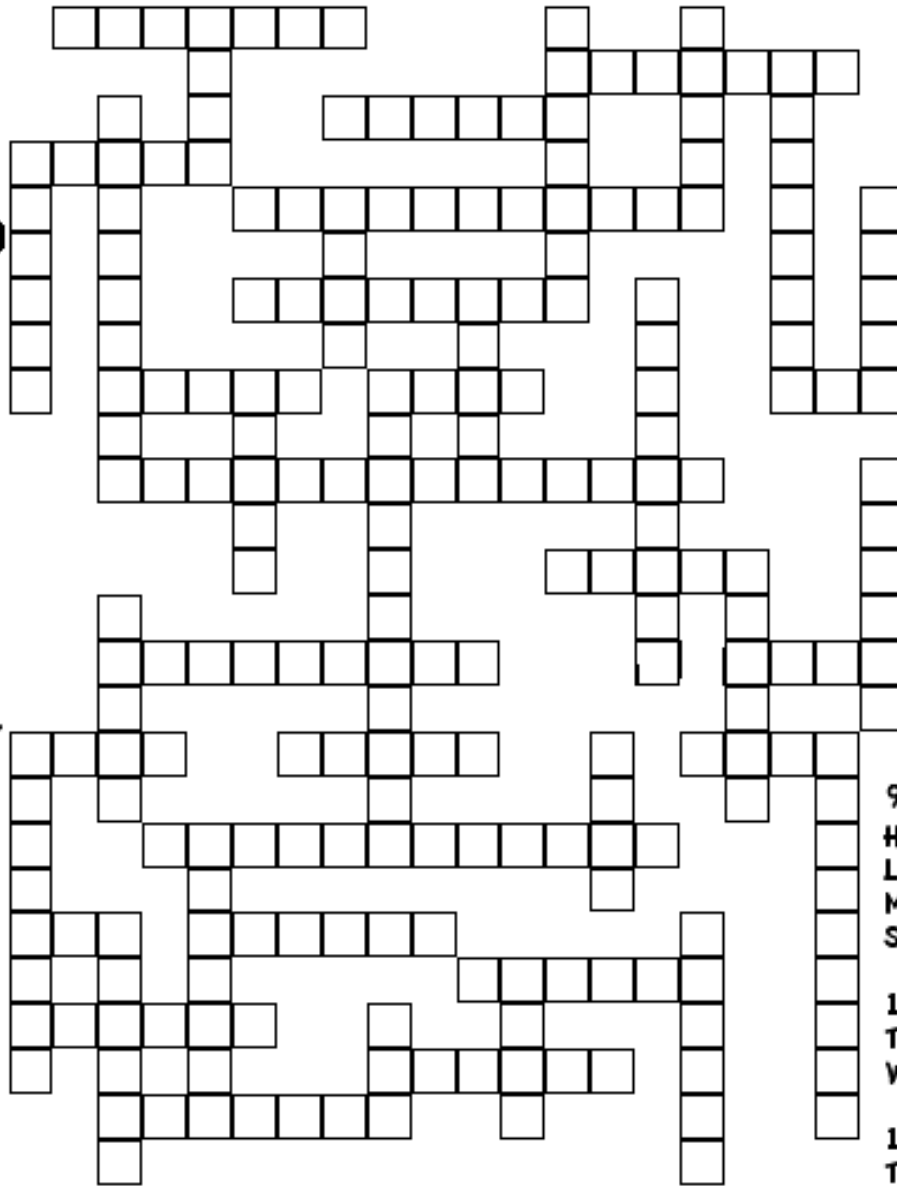
JACK-O-LANTERN
 BE SAFE
 MASQUERADE
 PARTIES
 PRANK
 PUMPKINS
 SKELETON
 EERIE
 TRICK
 GHOST

Help this witch find her missing bat.



Can you fit all the autumn words into this grid?

Autumn Fill In



Word List

3 Letters

Bus
Car
Red

4 Letters

Cold
Cool
Fall
Loam
Mice
Time
Wind
Wood

5 Letters

Boots
Brown
Chill
Cloud
Fairs
Geese
Rainy
Skate
Trees

6 Letters

Apples
Autumn
Grains
Leaves
Orange
Raking
School
Season
Slacks
Yellow

7 Letters

Harvest
Hunting
October
Sweater
Walking

8 Letters

December
Football
November

9 Letters

Halloween
Labour Day
Migration
September

11 Letters

Temperature
World Series

12 Letters

Thanksgiving

14 Letters

Remembrance Day



CCCOA Business Page

Executive Director: Rick Poling

Board of Directors

Roger Jarvis— President
Pamela Gainer— Vice-President
Dottie Rader— Secretary
Edward Lawaty— Treasurer
Launa Butler
Carroll McCauley
Barbara Roberts
Patti Hicks
Roberta Wilson



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

Some services provided to Calhoun County Senior Citizens by CCCOA include:

Congregate Meals	Transportation
Meals on Wheels	In-Home Care
Satellite Site Minnora	Medicare Counseling
Trips and Excursions	Book lending Library
Daily Activities	Exercise Room
CCCOA News newsletter	Social Support
Internet Café	Health Fairs

And much more, Contact CCCOA to learn what is available for you.

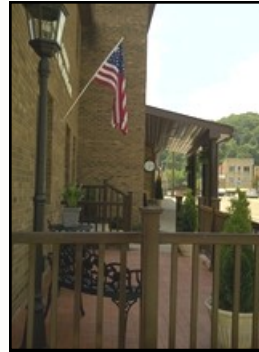
Grantsville Center

105 Market Street
Grantsville, West Virginia 26147

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



CCCOA News, a publication of
Calhoun County Committee on Aging, Inc.



The CCCOA News will strive to report and provide accurate information at all times. If any information printed is inaccurate or items omitted we apologize. Corrections will be printed in the next issue as needed. CCCOA News is published and printed by CCCOA and is printed on the first business day of each month, or as close to that as possible.

Menus published here are prepared by CYGNET Menu Management System.

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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.

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



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Calhoun County Committee on Aging Inc.