

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 2016

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Highlights in October

- Oct 1st- Town Wide Yard Sale @ 8:00 am
- Oct 5th- National "Do Something Nice" Day
- Oct 6th- Parkersburg Shopping Trip Depart 8:30 am
- Oct 10th- CLOSED FOR COLUMBUS DAY
- Oct 11th- Planning Committee Meeting @ 1:00 pm
Lifeline Screening 8:30-5:30pm
- Oct 12th- Attorney General Rep.@ 10:30 am
Roane Home Care BP Clinic @ 10:30 am
Driver's Safety Course offered at the West Fork @ 8:30 am
- Oct 13th- Spencer Shopping Trip Departs @ 8:30 am
- Oct 20th- Blennerhassett Trip
Spencer Bowling Trip
- Oct 21st- Hospice Care Screenings 10:30 am
- Oct 24th- MOVHD Flu & Pneumonia Shot Clinic @10:00-Noon
- Oct 25th- Board Meeting @ 2:30 pm
- Oct 26th-Covered Dish Birthday/Halloween Party @10:30 am
Driver's Safety Course offered at the West Fork @ 8:30 am
- Oct 27th-West Fork Covered Dish Birthday Dinner @ 10:30 am
- Oct 28th-SHIP Counselor Medicare Presentation @ 10:45 am
- Oct 31st- West Fork Halloween Costume Party @10:30 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!!

2016
Fall Health Fair
Wednesday
November 2nd
7:00-11:00am
Grantsville





October 2016 Grantsville Events



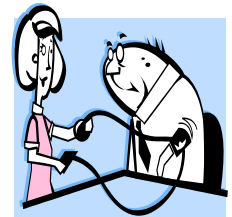
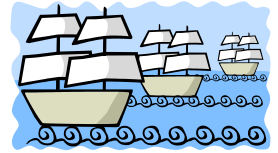
- Oct. 1st Sat. **Town-Wide Yard Sale 8 A.M.-?**
- Oct. 5th, Wed. **National "Do Something Nice" Day
Choir Practice 10:30-11:00 A.M.**
- Oct. 6th, Thurs. **Parkersburg Shopping Trip Depart 8:30 A.M.
Cost \$12 from Center, \$15 from Home
Trip must be paid at time of reservation!**
- Oct. 7th, Fri. **"Healthy Me"**
- Oct. 10th, Mon. **CENTER CLOSED FOR COLUMBUS DAY**
- Oct. 11th, Tues. **Planning Committee Meeting 1:00 P.M.
LIFELINE Screening 8:30 A.M.– 5:30 P.M.**
- Oct. 12th, 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.**
- Oct. 13th, 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. 19th, Wed. **Choir Practice 10:30-11:00 A.M.
Foster Grandparents Meeting 10:30 A.M.**
- Oct. 20th, Thurs. **Blennerhassett Trip**
- Oct. 21st, Fri. **Hospice Care Screenings 10:30 A.M.**
- Oct. 24th Mon. **MOVHD Flu & Pneumonia Shot Clinic 10:00-Noon**
- Oct. 25th, Tues. **Board Meeting 2:30 P.M.**
- Oct. 26th, Wed. **Covered Dish/Birthday & Halloween Dinner
NO BINGO WILL BE PLAYED TODAY!
Halloween Costume Party
Refreshments & Costume Judging 11:00 A.M.
Prizes for Most Unusual, Most Original, Prettiest,
Silliest, Scariest and Best of Show!**
- Oct. 28th, Fri. **SHIP Counselor Medicare Pres. 10:45-11:00 A.M.**



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 2016 West Fork Events

- | | |
|-------------------|---|
| Oct. 1st, Sat. | Town-Wide Yard Sale |
| Oct. 3rd, Mon. | Line Dancing/Cards/Crafts 10:30-11:30 A.M. |
| Oct. 4th, Tues. | Flu Shot Clinic 9:00-11:00 A.M.
Line Dancing/Cards 10:30-11:30 A.M. |
| Oct. 6th, Thurs. | Cards/Games/Crafts 10:30-11:30 A.M. |
| Oct. 10th, Mon. | CENTER CLOSED FOR COLUMBUS DAY |
| Oct. 11th, Tues. | Line Dancing/Cards 10:30-11:30 A.M. |
| Oct. 12th, Wed. | Driver Safety Course 8:30 A.M.-1:00 P.M. |
| Oct. 13th, Thurs. | Cards/Games/Crafts 10:30 A.M.-11:30 A.M. |
| Oct. 17th, Mon. | Line Dancing/Cards/Crafts 10:30-11:30 A.M. |
| Oct. 18th, Tues. | Line Dancing/Cards /Games 10:30-11:30 A.M |
| Oct. 20th, Thurs. | Spencer Bowling Trip
Blennerhassett Trip
Cards/Horse shoes/Corn Hole 10:30-11:30 A.M. |
| Oct. 24th, Mon. | Line Dancing/Cards/Crafts 10:30-11:30 A.M.
Roane Health Care BP Clinic – 9:00-11:30 A.M. |
| Oct. 25th, Tues. | Line Dancing/Cards/Games 10:30-11:30 A.M |
| Oct. 26th, Wed. | Driver Safety Course 8:30 A.M.-5:00 P.M. |
| Oct. 27th, Thurs. | Nancy with Hospice 10:00-10:30 A.M.
Entertainment, Birthday Dinner |
| Oct. 31st, Mon. | Halloween Costume Party; Goblin Stew
and Witches Brew 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
Phaon Beck Oct 2nd
Ruth Poorman Oct 3rd
Carroll McCauley Oct 4th
Nancy Yoak Oct 5th
Gary Bancroft Oct 6th
Winifred Duskey Oct 6th
Joanne Brannon Oct 9th
Larry Cottrell Oct 10th
Joan Auvil Oct 14th
Virginia McCumbers Oct 15th
John Yoak Oct 21st
Opal Swisher Oct 22nd
Sandra Yeager Oct 23rd
Loretta Smith Oct 24th
Ben West Oct 26th
Naomi Jarvis Oct 27th
Kathryn Badgett Oct 29th
Leon McDonald Jr. Oct 30th



Celebrating September Birthdays at the Grantsville CCCOA:

Standing: Pearle Johnson

Seated: Ray Tingler and Alice Cottrell



Celebrating September Birthdays at the Westfork CCCOA:

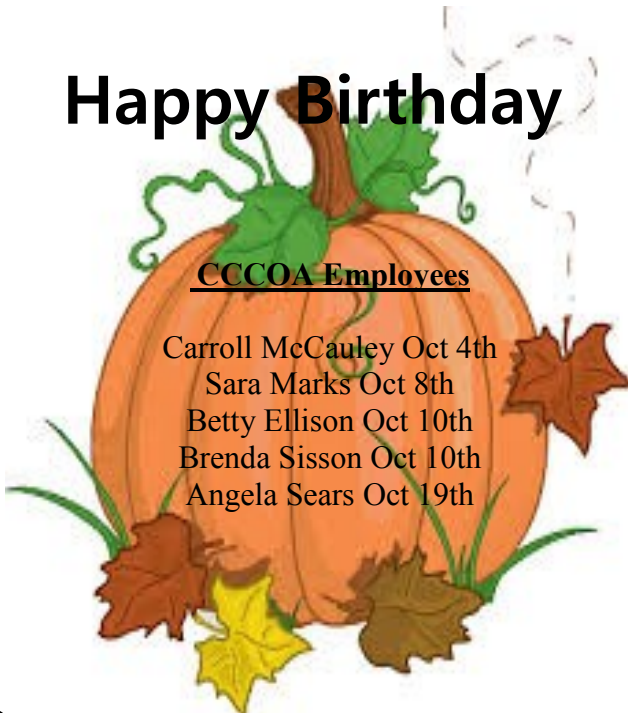
Seated: Bob Park

Standing: Connie Knotts and Jane Carpenter

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

Big Bingo Winners for Friday,
September 2, 2016.

1. Norma Gumm
2. Jacky Rogers
3. Ruth Poorman
4. Hazel Tingler
5. Joann Ward
6. Portia Miller
7. Jean Miller
8. Pearle Johnson
9. Madeline Lamp
10. Sally Hashman
11. John Myer
12. Roy Pursley
13. Dorothy Lynch
14. Judy Wolfram
15. Carol Cozart
16. Alta Mae Richards
17. Alice Cottrell
18. Patty Little
19. French Stump
20. Louise Wolverton
21. Odus Miller
22. Eva Marks
23. Steve Miller
24. Barb Roberts

Grand Prize Winner Denzil Ward

Thanks to everyone for coming out and playing bingo and special thanks to the great helpers Ray Tingler, Patty Sims, Portia Miller, Alta Mae Richards, Hazel Tingler and Patty Little.



2016 Fall Health Fair

**November 2, 2016 ~ 7:00 to 11:00 a.m.
Committee On Aging, Grantsville, WV**

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.



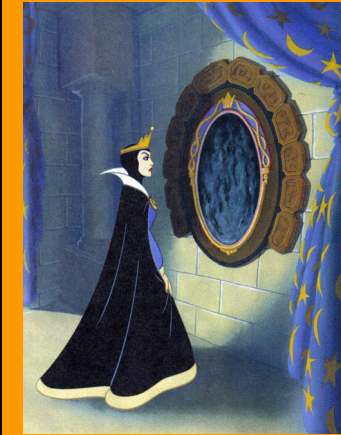
What should my name be?

Help us name the CCCOA Spider.

Winner to be announced at the
Halloween Costume Party! Prize
awarded to the winner!



Out & About



Mirror, Mirror on the Wall

Who's the most unusual, original, prettiest,
silliest, scariest, and best of all?

Join us October 26th, @ 11:00 am,
for our Halloween Costume Party.



Making great memories at the CCCOA.

Pictured left to right: Hazel Tingler, Ilene Compton, Ronald Hefner, and Pearle Johnson



They're at it again!

Every year the CCCOA has a 25 days of Christmas drawing in effort to raise money for trips, events, Bingo, special celebrations, equipment and furnishings used in the Center.

The CCCOA sincerely appreciates everyone's support in selling and purchasing tickets.

Ray Tingler and Alta Mae Richards have been in a friendly competition to sell the most tickets. Ray even went as far as having a shirt made to advertise this year. I think he means business this year Alta Mae.



If you would like to purchase a 25 Days of Christmas ticket, look these two up or stop by the center.

Trips

Stonewall Jackson Lake & Resort



We would like to thank everyone for joining us.
It was a perfect evening aboard the "Little Sorrel".
The CCCOA will be offering a day trip to Blennerhassett
Museum and Island
Thursday, October 20th,
please call 304-354-7017, or stop by the center to make reservations.

CCCOA Westfork News



Entertainment for the West Fork Birthday Dinner ~ Harry Beall, Cathy Beall, and Jane Carpenter



Join us for Goblin Stew and Witches Brew
Monday, October 31st, @ 10:30am
There will be a costume judging contest for most unusual,
original, prettiest, silliest, scariest, and best of overall!

Keep an eye on our events page for upcoming



courses.

The Importance of Being Prepared

“The best preparation for tomorrow is doing your best today” – H. Jackson Brown Jr. d

It's difficult to imagine life without our loved ones. However, we all know that none of us can escape our mortality. That is why it's always important to be prepared in case of a loved one's death.

In a typical household, it is not uncommon that one spouse seems to be the keeper of all the financial management and records. This person also pays the bills, manages the budget, monitors and tracks the investments, oversees the personal and business assets, prepares the taxes, etc. The pain of suddenly losing this person to death will cause additional stress and confusion to an already grievous situation. Financial preparedness can certainly reduce stress and confusion, and allow the grieving process to take its course.

Financial preparedness begins with asking several simple questions:

- Do you know where all of your financial documents are?
- Do you know how much it costs for your family to live every month?
- What are your sources of income and how much will you receive every month and every year?
- Where are all of your checking accounts, investment accounts and retirement accounts located?
- Are there beneficiaries on all of your retirement accounts and who are they?
- Do you have life insurance?
- Is there an estate plan that includes a Trust, Will, Power of Attorney, and Health Care Directive?

Who do you contact for advice for financial, tax or legal matters?

Far too often a spouse is left without answers to these questions, which can make the grieving process difficult and add unnecessary stress. The good news is that if you are reading this and this has not happened to you, there is still time for you to prepare.

Spotlight on WV

Climbing to Victory

WWII Assault Training at Seneca Rocks

By Robert C. Whetsell

In the summer of 1943, 32 army officers and enlisted men from the Mountain Training Center at Camp Hale, Colorado, embarked on a memorable journey to the wilds of West Virginia. Their mission was to set up and run the army's only low altitude assault climbing school, located at the base of Seneca Rocks in Pendleton County and operated as part of the West Virginia Maneuver Area (WVMA).

These GI's were an elite cadre of world class mountaineers known as the Mountain Training Group (MTG), sometimes called ski troopers or snow soldiers. The 13th Corps of the U.S. Army oversaw the WVMA from headquarters in Elkins. The climbing school at Seneca and a pack-mule transport school in Tucker County were two of several training programs unique to the five-county WVMA. [See "The Mule School: The West Virginia Home Front in World War II," by H.L. Hames; Spring 1991.] The area was selected for its rugged isolation and similarities to terrain found in northern Italy, the expected destination for those engaged in the training. Seneca Rocks was going to war.

For Sergeant Sylvan "Woodie" Waldrip, a 23 year-old climbing instructor, the detail was an eye opening and life-changing experience. A native of northern California, Woodie documented that time in a 15 page memoir, written in the fall of 1944 while he was stationed in Texas.

It was a sunny July morning when Seneca Rocks first came into view of the army convoy, Woodie wrote. From their trucks, he and the others sized up their new playground. Most had never been to West Virginia or even heard of Seneca Rocks. This 900-foot blade of Tuscarora sandstone impressed them. Although nearby Champe Rock and other formations were also used, Seneca Rocks was to be the focus of the program.

*You can read the rest of this article in this issue of Goldenseal, available in bookstores, libraries or **direct from Goldenseal**.*



Seneca Rocks in Pendleton County was the site of a unique World War II wilderness assault training school for the army during 1943 and '44. These two trainees were photographed near the rocks in June 1944. They are Richard Schoen, at left, and Frank "Lefty" Sadjewski. Photograph courtesy of Richard Schoen.

<http://www.wvculture.org/goldenseal/fall07/seneca.html>

Soap Box by Judy

A nice lady stopped me in the kitchen at the Senior Center and asked me if I was done with snakes. I told her that I hoped so. She asked me what I was going to write about next. I told her that I didn't know but that I would come up with something. I asked Anetia what she thought (she was washing dishes at the time) and she said, "Make a list."

I said, "Okay. I'll make a list." But I did not have to make a list because something happened that really ticked me off.

Since Frank can't handle a big garden I put a small garden to the left of our front porch steps. Frank put a two foot woven fence around it. I cut two potatoes in half and had four to plant. I planted two pepper plants in big pots and I grew some acorn squash and cantaloupe from seed which I also planted.

All four potato plants came up and looked all pretty and green. But they never bloomed and promptly died off. Strike one. The cantaloupes vined all over the garden and looked pretty green. The vines even had lots of yellow flowers but no cantaloupes. Strike two.

The pepper plants grew and were pretty and green. They got flowers on them and I had one nice pepper almost ready to pick. So, out the door I go one morning, looked at my garden and stopped in my tracks. My pepper plants were sticks!! My pepper was half eaten. Who would eat them? The fence was still up. Needless to say, I was not a happy camper. Strike number three.

As the saying goes, "three strikes and you're out." But wait. I had four strikes. As I looked around I found my big, beautiful hosta plant was nothing but a few sticks. I was so mad. But I got even more mad when I discovered my pink hibiscus didn't have a flower one on it.

So here's the thing: possums don't eat flowers or plants so he's safe. Raccoons don't eat flowers or plants but they do eat bird seed and cat food. He'll always be on my list. Snakes do not eat flowers or plants. They just invade your house and your chicken coop. Guess what's left? Deer.

We have a huge green meadow where the hay was cut, we have a yard full of green grass and we have tons of green everything on our hillside. But yet they find my little garden. They have moved up to the top of my list with the snakes. I watch for them but they wont be back as my garden is mostly gone.

But I always have one thing that keeps me going. Hunting season is on its way!! Good bye bambi.

'Til next month. Happy Halloween.

Don't forget to name the spider.

Judy

My Favorite Recipe

CHICKEN POT PIE III

"A hot hearty chicken pot pie that is easy to fix."

Ingredients

1 recipe pastry for a 9 inch double crust pie
2 cups frozen mixed vegetables
2 boneless, skinless chicken breast halves, boiled

1 teaspoon dried thyme
1/2 (10.75 ounce) can condensed cream of celery soup
1 (10.75 ounce) can condensed cream of potato soup

Directions

Preheat oven to 400 degrees F (200 degrees C). Line a 9 inch pie dish with pastry.

1. Blanch frozen mixed vegetables for 3 to 4 minutes. Drain.
2. Dice chicken and place in a large bowl. Add vegetables, thyme, celery soup and potato soup. Stir together.
3. Pour filling into pastry lined pie dish. Arrange top layer of pie crust, seal and flute the edges. Cut slits in the top of the crust to allow for steam to escape.

Place pie on cookie sheet. Put aluminum foil around the pie crust edges. Bake at 400 degrees F (200 degrees C) for 30 minutes. Remove foil and continue to bake for an additional 30 minutes until golden brown. Remove from oven and let stand for 5 minutes and then serve.



GRANNY KAT'S PUMPKIN ROLL

"This moist rolled cake has a rich cream cheese filling. Serve it cold. This will be a hit! It has a pinwheel look."

Ingredients

3/4 cup all-purpose flour
1 cup white sugar
1 teaspoon baking soda
2 teaspoons pumpkin pie spice
1 cup pumpkin puree
3 eggs

1 teaspoon lemon juice
2 tablespoons confectioners' sugar
1 (8 ounce) package cream cheese, softened
1/4 cup butter
1 teaspoon vanilla extract
1 cup confectioners' sugar

Directions

1. Preheat oven to 375 degrees F (190 degrees C). Grease and flour a 9x13 inch jelly roll pan or cookie sheet.
2. In a large bowl, mix together flour, sugar, baking soda, and pumpkin pie spice. Stir in pumpkin puree, eggs, and lemon juice. Pour mixture into prepared pan. Spread the mixture evenly.
3. Bake at 375 degrees F (190 degrees C) for 15 minutes.
4. Lay a damp linen towel on the counter, sprinkle it with confectioner's sugar, and turn the cake onto the towel. Carefully roll the towel up (lengthwise) with the cake in it. Place the cake-in-towel on a cooling rack and let it cool for 20 minutes.
5. Make the icing: In a medium bowl, blend cream cheese, butter, vanilla, and sugar with a wooden spoon or electric mixer.



When the cake has cooled 20 minutes, unroll it and spread icing onto it. Immediately re-roll (not in the towel this time), and wrap it with plastic wrap. Keep the cake refrigerated or freeze it for up to 2 weeks in aluminum foil. Cut the cake in slices just before serving.



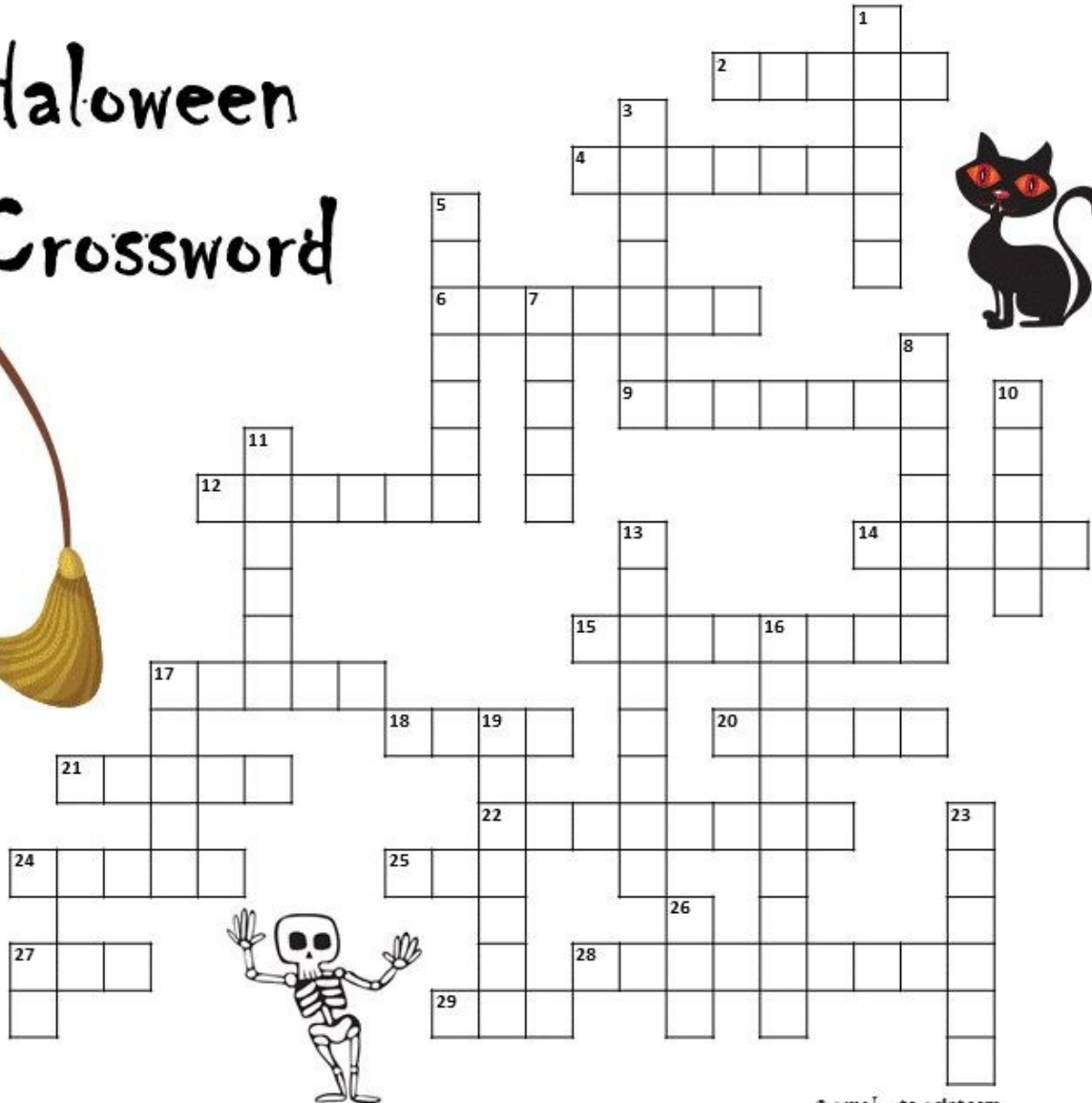


October 2016 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 Creamed Chicken Mashed Potatoes Mixed Green Biscuit Juice	4 Ham Au gratin Potatoes Peas & Carrots Roll Juice	5 Chili Cornbread Fruit National DO SOMETHING NICE DAY!	6 Meatloaf Mashed Potatoes Green Beans Roll Juice Parkersburg Shopping Trip	7 Taco Salad Cottage Cheese Fruit "Healthy Me"
10 Center Closed For Columbus Day	11 Pinto Beans w/Ham Kale Onions Cornbread Juice Planning Committee LIFELINE screening	12 Chicken Salad Macaroni Salad Fruit Whole Wheat Bread Roane Home Care BP Clinic Attorney Gen Office Rep.	13 Lasagna Tossed Salad Fruit Wheat Roll Spencer Shopping Trip	14 Hamburger Lettuce/Mayo/Onion Baked Beans Peaches Whole Wheat Bun
17 Hot Dogs Coleslaw Fruit Whole Wheat Bun	18 Pizza Tossed Salad Fruit	19 Sloppy Joe Ranch Potatoes Fruit Whole Wheat Bun Foster Grandparents Meeting	20 Italian Sausage Onion & Peppers Greens Fruit Whole Wheat Bun Blennerhassett Trip	21 Fish Sandwich Corn Coleslaw Whole Wheat Bun Juice Hospice Screenings
24 Beef Macaroni Brussel Sprouts Fruit Wheat Bread	25 Potato Soup with Carrots Cheese Salad Sandwich Fruit Crackers Whole Wheat Bread Board Meeting	26 Pork BBQ Ranch Potatoes Mixed Vegetables Juice Whole Wheat Bun Grantsville Birthday Dinner Halloween Costume Party	27 Baked Steak Mashed Potatoes Broccoli Whole Wheat Bread Juice West Fork Birthday Dinner	28 Spaghetti with Meat Balls Lettuce Pea Salad Fruit Garlic Toast SHIP Counselor
31 Vegetable Soup Peanut Butter Sandwich Apple Crisp Whole Wheat Bread West Fork Halloween Party		2% Milk And Margarine Served Daily		Menu Subject To Change Without Notice

Haloween Crossword



© puzzles-to-print.com

Across

2. Frightening
4. He hates garlic
6. Frankenstein had one
9. The Count
12. Where a vampire sleeps
14. ____ or treat
15. Scare
17. A skeleton is just a bunch of these
18. Mr. O'Lantern

20. What the pot might call the kettle
21. ____ stories
22. A boney sort of fellow
24. Found in Egypt
25. Lives in the belfry
27. Whoo? Whoo?
28. Playground for ghosts
29. What a spider spins

Down

1. When something makes our skin crawl, it's this
3. ____ house
5. Makes a popular pie
7. When ghosts come out to play
8. Fire burn, and ____ bubble
10. Samantha for example
11. Evil or mischevous creature

13. Comes out on full moon nights
16. October 31st
17. Witch transportation
19. Disguise
23. Incey wincey is one of these
24. Might be full, half, or new
26. He swallowed the canary



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

See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2012

- | | | | |
|--------------|----------------|-------------|-----------------|
| 1. HALLOWEEN | 5. COSTUMES | 9. PUMPKINS | 13. KIDS |
| 2. SAFETY | 6. MAKE UP | 10. EVENING | 14. ADULTS |
| 3. TRICKS | 7. PARTIES | 11. GHOSTS | 15. FUN |
| 4. TREATS | 8. DECORATIONS | 12. HOLIDAY | 16. FLASHLIGHTS |

Autumn Blessings

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

Autumn
Trick
Pumpkin
Hay Ride
September
Halloween
Bonfire

Costumes
Fall
Orange
Scarecrow
Leaves
Candy Corn
Smores

Foliage
Treat
Brown
October
Apple Cider
Jack O Lantern
Pie



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



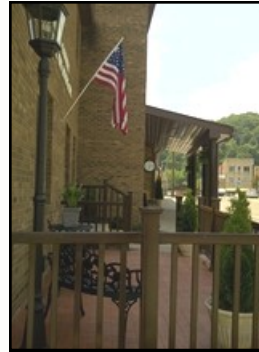
The CCCOA Board of Directors meet the fourth Monday of each month at CCCOA. Interested citizens are always welcome at board meetings and encouraged to attend.

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:
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