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CCCOA NEWS

Calhoun County Committee on Aging

Post Office Box 619

Grantsville, WV 26147

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

October

- Oct. 3rd** RHC Bingo @ 11:00am
- Oct. 5th & 6th** Christmas in October Craft Fair 7am-5pm
- Oct. 6th** Town Wide Yard Sale
- Oct. 8th** CENTER CLOSED FOR COLUMBUS DAY
- Oct. 9th** Planning Committee Meeting 1:30pm
- Oct. 12th** Genesis Bingo 11:00am
- Oct. 17th** "Crafts" 9:30-10:30am
- Oct. 18th** CASH BINGO 12:30pm
- Oct. 20th** Spencer Shopping Trip Depart @ 8:30am
- Oct. 22nd** Foster Grandparents Meeting 10:00am
- MOVHD Shot Clinic @ CCCOA 10-11am**
- Board Meeting 2:30 pm**
- Oct. 25th** Birthday Dinner @ West Fork
- Oct. 26th** SHIP Counselor Medicare Pres. 10:45-11:00am
- Oct. 30th** Halloween Costume Party:
Goblin Stew & Witches Brew 10:30-11:30am
- Oct. 31st** Covered Dish/Birthday & Halloween Dinner
Halloween Costume Party @ Grantsville





October 2018 Grantsville Events



- Oct. 2nd, Tues. Bible Study
- Oct. 3rd, Wed. Choir Practice 10:30-11:00am
RHC Bingo 11:00am
- Oct. 5th & 6th Christmas in October Craft Fair 7:00am-5:00pm
- Oct. 6th, Sat. Town-Wide Yard Sale 8:00am
- Oct. 8th, Mon. CENTER CLOSED FOR COLUMBUS DAY
- Oct. 9th, Tues. Bible Study 10:15am
Planning Committee Meeting 1:30pm
- Oct. 10th, Wed. Choir Practice 10:30am-11:00 am
- Oct. 12th, Fri. Genesis Bingo 11:00am
- Oct. 15th, Mon. "Healthy Me"
- Oct. 16th, Tues. Bible Study 10:15am
- Oct. 17th, Wed. "Crafts" 9:30-10:30am
Choir Practice 10:30-11:00am
- Oct. 18th, Thurs. CASH BINGO 12:30pm
- Oct. 20th, Sat. Spencer Shopping Trip Depart 8:30am
Trip must be paid for at the time of reservation
- Oct. 22nd, Mon. Foster Grandparents Meeting 10:00am
MOVHD Shot Clinic @ CCCOA from 10:00-11:00am
Board Meeting 2:30pm
- Oct. 23rd, Tues. Bible Study 10:15am
- Oct. 24th, Wed. Choir Practice 10:30-11:00am
- Oct. 26th, Fri. SHIP Counselor Medicare Pres. 10:45-11:00am
- Oct. 30th, Tues. Bible Study 10:15am
- Oct. 31st, Wed. Covered Dish/Birthday Dinner & Halloween Dinner
NO BINGO WILL BE PLAYED TODAY!
Halloween Costume Party



Rummy, Yahtzee, Dominos Daily 8:00-11:00am
Bingo will be played daily from 11:00-11:30am unless otherwise stated.



October 2018 West Fork Events



- Oct. 1st, Mon. Cards/Crafts 10:30-11:30am
- Oct. 2nd, Tues. Games/Cards 10:30-11:30am
- Oct. 4th, Thurs. Cards/Games 10:30-11:30am
RHC Bingo 10:00am
- Oct. 6th, Sat. Town-Wide Yard Sale
- Oct. 8th, Mon. CENTER CLOSED FOR COLUMBUS DAY
- Oct. 9th, Tues. Line Dancing/Cards/Games 10:30-11:30am
- Oct. 11th, Thurs. Cards/Games 10:30-11:30am
- Oct. 15th, Mon. Cards/Crafts 10:30-11:30 am
Flu Shot Clinic 10:00am
- Oct. 16th, Tues. Cards/Games 10:30-11:30am
- Oct. 18th, Thurs. Cards/Games 10:30-11:30am
- Oct. 22nd, Mon. Cards/Crafts 10:30-11:30am
- Oct. 23rd, Tues. Cards/Games 10:30-11:30am
- Oct. 25th, Thurs. Nancy from Hospice 10:00-10:30am
Entertainment/Birthday Dinner
- Oct. 29th, Mon. Cards/Crafts 10:30-11:30am
- Oct. 30th, Tues. Halloween Costume Party; Goblin Stew
& Witches Brew 10:30-11:30am



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

Find the Needle

Last month the needle was on page 13 & 16. Don't forget to look for the needle in this month's newsletter.

Actual needle size



The Mid-Ohio Valley Health Department will be at the Grantsville CCCOA offering Flu, Pneumonia, Tetanus, and Hepatitis Shots on Monday, October 22nd, from 10:00-11:00am.

October Birthdays

Thomas Fox Oct 1
 Theodore Poulin Oct 3
 Ruth Poorman Oct 3
 Winifred Duskey Oct 6
 Joanne Brannon Oct 9
 Tressie Starcher Oct 9
 Larry Cottrell Oct 10
 Janet Cunningham Oct 10
 Phyllis Kerby Oct 12
 Joan Auvil Oct 14
 Virginia McCumbers Oct 15
 Donald Harris Oct 17
 Sandra Yeager Oct 23
 Bonnie Cain Oct 24



Alice Cottrell and Eli "Ray" Tingler celebrating September birthdays!



Copyright Homeside-Preschool.com

September Birthdays

Denzil Ward Sept 1
 Beulah Kerby Sept 2
 Irene Lynch Sept 4
 Esther Wilson Sept 5
 Richard Hosey Sept 7
 Geneva Nicholson Sept 8
 Pearle Johnson Sept 9
 Eli "Ray" Tingler Sept 11
 Judy Rollyson Sept 15
 Karen Roberts Sept 16
 Diane Bernier Sept 17
 Barbara Cross Sept 17
 Dermal Smith Sept 19
 Randal Cottrell Sept 20
 Arlena Shields Sept 25
 Jack Cottrell Sept 27
 Robert Park Sept 30

CCCOA Employee

Carroll McCauley Oct 4
Brenda Sisson Oct 10





Diane Bernier and Bob Park celebrating September birthdays!

The CCCOA is raffling off tickets for a beautiful KING SIZE quilt!

Drawing on October 30th

(Need not be present to win)

Proceeds will go to the West Fork CCCOA Seniors.

Tickets are being sold for \$1 each or 6 for \$5.

For more information call 304-655-8805



2018 West Virginia Festival Schedule October

10/4-10/7 – WV Pumpkin Festival – Milton
 10/4-10/7 – Salem Apple Butter Festival – Salem
 10/4-10/8 – TrailFest – Gilbert
 10/5 – WV Makes Festival – Huntington
 10/5-10/6 – Huntersville Traditions Day –
 Huntersville
 10/5-10/7 – Wellsburg Applefest
 10/5-10/7 – Oglebayfest – Wheeling
 10/6* – Southern WV Italian Festival – Bluefield
 10/6* – Fairview Pumpkin Festival – Fairview
 10/6 – Wild Game Cook-Off – White Sulphur
 Springs
 10/6-10/7 – Apple Butter Festival – Berkeley Springs
 10/6-10/7 – Apple Harvest Festival – Burlington
 10/6-10/7 (vendors Saturday) – Wirt County Pioneer
 Days – Elizabeth
 10/6-10/7 – Pumpkin Festival – Beckley
 10/6-10/7 – Country Fall Festival – Point Pleasant
 10/7 – West Virginia Chestnut Festival – Rowlesburg

10/11-10/14 – Black Walnut Festival – Spencer

10/12-10/14 – Wardensville Fall Festival –
 Wardensville
 10/13 – Taste of Our Towns – Lewisburg
 10/13 – WoodsFest – Hedgesville
 10/13 – Morgan's Kitchen Fall Festival – St. Albans
 10/13-10/14 – Aunt Jennie's Music Festival – Logan
 10/18-10/21 – Mountain State Apple Harvest Festival
 Martinsburg
 10/19* – Fort Ashby Fall Festival – Fort Ashby
 10/20 – Weirton Renaissance Festival – Weirton
 10/20 – Bridge Day – Fayetteville
 10/20-10/21 – Hinton Rail Road Days – Hinton
 10/26-10/27 – West Virginia Book Festival –
 Charleston
 10/26-10/27 – C-K AutumnFest – Kenova
 10/26-10/28 – BooFest – Shepherdstown
 10/27* – Turkey Festival – Mathias
 10/27-10/28 – Hinton Rail Road Days – Hinton

Mozzarella Stuffed Meatballs

These mozzarella stuffed meatballs are a fun twist on the classic recipe - serve these meatballs as a party appetizer or over a big plate of spaghetti for a hearty meal!

Ingredients:

1 and ½ pounds ground beef (85-90% lean)
 ⅓ cup breadcrumbs
 1 teaspoon salt
 ½ teaspoon pepper
 ½ teaspoon garlic powder
 ½ teaspoon dried oregano
 1 egg
 2 tablespoons water
 6 ounces mozzarella cheese, cut into ½ inch cubes
 3 cups marinara sauce (homemade or store bought), warmed
 2 tablespoons chopped fresh parsley
 cooking spray

Instructions:

Preheat the broiler. Line a sheet pan with foil and coat the foil with cooking spray. Place the beef, breadcrumbs, salt, pepper, garlic powder, oregano, egg and water in a bowl; mix until thoroughly combined. You may need to add more water, 1 tablespoon at a time, to get a smooth mixture. Take approximately 2 tablespoons of the meat mixture and roll it into a ball. Press a cube of cheese into the ball of meat, making sure that the meat completely surrounds the cheese. Place the meatball on the sheet pan and repeat with remaining meat and cheese. Spray the tops of the meatballs with cooking spray. Broil for 10 minutes or until meatballs are just done - do not overcook or the cheese filling may start to spill out. Place the meatballs on a plate and pour the marinara sauce over the top, Sprinkle with parsley and serve immediately.



CCCOA Gun Raffle



The Calhoun County Committee on Aging will be selling chances to win a 243 Savage Rifle.

Tickets are **\$10.00**

The drawing will be November 1st!

You must be 18 years of age to win and able to pass a background check. Background checks will be done at the Outdoor Store in Arnoldsburg, WV. Once you have passed your background check you will be presented with the rifle.

For tickets call 304-354-7017

or see a staff member of the CCCOA!

Upcoming Day Trips!

Spencer Shopping Trip-Oct. 20th

Depart @ 8:30am

Trip must be paid for at time of reservation!

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

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



**CASH
BINGO**

Thursday, October 18th
CCCOA Dining Hall
Open to the public!
Beginning at 12:30pm,
quarter per card, per game!
The bus will be
running after bingo!

Annual CCCOA Christmas Craft & Vendor Show

October 5th & 6th, 7:00am to 5:00pm
For further details call 304-354-7017.

Crafters/Vendors please call to register asap, limited space available.
You will be allowed to set up your displays on the afternoon of the 4th in the
basement, which is accessible by elevator or at the back entrance.

Please join us and help spread the word!



“My Goodbye to Summer”

Summer is gone. Hip! Hip! Hooray!
I won't miss it. Not for a day.

The heat, humidity, bugs, and the sun
To me none of those were much fun.

Only two snakes in the chicken coop this year.
But three dead mice for which I did not shed a tear.

Two drowned in the water bucket because they couldn't swim,
The third one, well, poison took care of him.

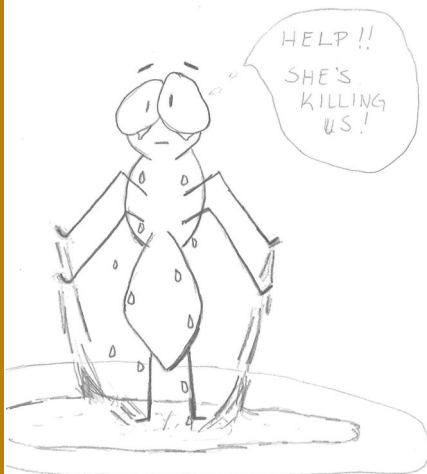
The mice are a different story. Oh, Boy.
Except for the cat's catnip toy.

The 14 I caught, well, they got the hurts.
Except for the one eating the shirts.

The ants are the worst of the lot that I've had this summer.
They're here by the thousands. What a bummer.

I've used gallons of syrup set out on dishes
To wash them down the drain to swim with the fishes.

So that is my story that I have to tell.
So goodbye to summer. It can go to ___ - the devil.
(Ha! Ha! -tricked you. You thought I was going to say h-e- double toothpicks.)



'til next month,
~Judy~

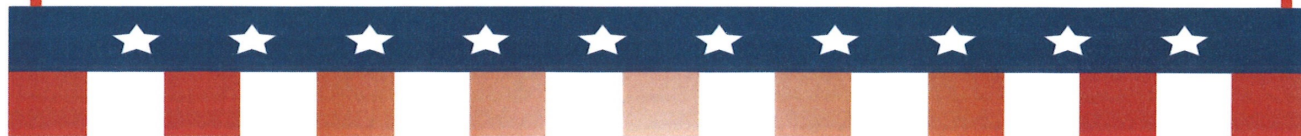


Veterans Appreciation Reception

You are invited to attend the Veterans
Appreciation Reception on November 7th,
at 10:30 a.m., in the
Dining hall of the Grantsville CCCOA.

Reception will begin at 10:30 a.m.,
Lunch will be served at 11:30 a.m..
Free of charge to Veterans
and one guest.

We appreciate your service to our country,
and we thank you.



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

2018 Fall Health Fair

**November 13, 2018 ~ 7:00 to 10:00 a.m.
at the CCCOA in 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.



CCCOA
105 Market Street
P.O. Box 619
Grantsville, WV 26147
Phone: 304-354-7017
Fax: 304-354-6859
Email:
rpoling@cccoa-wv.org
spoling@cccoa-wv.org

Sponsored by Calhoun
County Committee on Aging
(CCCOA)

In collaboration with Minnie
Hamilton Health System and

The WV Bureau of Senior
Services (BOSS)

Hepatitis

A



Hepatitis is a very contagious liver infection that can be spread from person to person. Hepatitis A is usually spread when a person ingests fecal matter. The amount may be so small that you can't even see it. This can happen when you touch objects, food or drinks contaminated by feces or stool from an infected person.

WHO IS AT HIGHEST RISK?

- ◆ People who have direct contact with someone who has hepatitis A
- ◆ People using recreational drugs in any way
- ◆ People who are homeless
- ◆ Men who have sex with men
- ◆ Travelers to countries where hepatitis A is common



For more information or to schedule appointment,
Call: 304-485-7374 ext. 123 or 124

WHAT ARE THE SYMPTOM OF HEPATITIS A?

- ◆ Fever
- ◆ Dark urine
- ◆ Clay-colored stool
- ◆ Loss of appetite
- ◆ Joint pain
- ◆ Nausea/vomiting
- ◆ Jaundice (yellowing of the skin and eyes)
- ◆ Abdominal Pain

What can you do?

To stop the spread of Hepatitis A, get vaccinated. You can get the shot at the health department, doctor's office or pharmacy.

And always **WASH YOUR HANDS** after going to the bathroom, changing a diaper and before preparing food or drinks.

Hand Sanitizer alone does not effectively kill hepatitis A virus!

Kerby Tours is offering the following trips:

November 12-17, 2018

Myrtle Beach

Will be leaving from: 4401 Camden Ave.
Parkersburg, WV 26101

Per person rates: Single: \$975.00
 Double: \$715.00
 Triple: \$629.00
 Quad: \$586.00

Includes Transportation, 3 shows (Shopping at Hamrick's, Calabash, Barefoot Landing, Tanger Outlets, Walmart and more, Entertainment, The Legends, Alabama Theater, Carolina Theater and plenty of beach time), 3 dinners (Giant Crab, Smokehouse BBQ and Thoroughbred's), hot breakfasts, 5 nights lodging (Beach Cove Resort), luggage handling and taxes.

For more info and booking please call 304-464-4353

Kerby Tours is offering the following trips:

December 3-7, 2018

Pigeon Forge

Will be leaving from: 4401 Camden Ave.
Parkersburg, WV 26101

Per person rates: Single: \$870.00
 Double: \$620.00
 Triple: \$540.00
 Quad: \$495.00

Includes Transportation, Hot Breakfast, entertainment and 4 dinners at various places such as The Hatfields & McCoy's Dinner Show, Frizzle Chicken, Apple Farmhouse Grill, Comedy Barn, Smokey Mountain Opry Christmas Show, Biblical Times Dinner Theater. Hotel stay at Apple Valley Comfort Inn., luggage handling, taxes and more.

For more info and booking please call 304-464-4353

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



October 2018 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Fish Broccoli Bun Juice	2 Hamburger Patty on Whole Wheat Bun Lettuce/Tomato Oven Browned Potatoes Sweet Corn Pineapple	3 Beef & Vegetable Stew Spinach Chocolate Pudding Whole Wheat Bread	4 Northern Beans Apple –Cabbage Slaw Cornbread	5 Turkey Split Mashed Potatoes Green Beans
8 Center Closed For Columbus Day	9 Chicken Tenders Macaroni & Cheese Mustard Greens Cornbread	10 Spaghetti w/Meat Sauce Raw Vegetable Salad Applesauce Whole Wheat Garlic Toast	11 Sloppy Joe Cole Slaw French Fries Bun	12 Cheese Salad Whole Wheat Bread Tomato Soup Fruit
15 Barbecue Chicken Baked Beans Broccoli Whole Wheat Bread	16 Baked Pork Chop Sweet Potato Spinach Applesauce Whole Wheat Bread	17 Cook's Choice	18 Oven Fried Chicken Boiled Potatoes Green Beans Biscuits	19 Peanut Butter Sandwich Whole Wheat Bread Mixed Vegetable Soup Orange Pineapple Gelatin
22 Steak Split Mashed Potatoes Green Peas Mandarin Oranges Whole Wheat Bread	23 Tasty Meat Loaf Mashed Potatoes and Gravy Green Beans Whole Wheat Bread Juice	24 Taco Salad Brownie Fruit	25 BBQ w/Bun Potato Salad Fruit	26 Pinto Beans Fruit Salad Corn Bread
29 Cook's Choice	30 Broccoli Soup Apple Crisp Crackers	31 Kraut & Wieners Boiled Potatoes Bread Fruit	2% Milk & Margarine Served Daily 	Menu Subject To Change Without Notice

Recipe/Fun Page

Halloween Word Search

Find the words from the right column in the grid.
Words may be forward, backward, up, down or diagonal. Good luck!



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

- APPLES
- AUTUMN
- BROOM
- CANDY
- CARAMEL
- CAULDRON
- COSTUME
- GHOST
- GOBLIN
- HALLOWEEN
- LEAVES
- MASK
- MOONLIT
- NIGHT
- OCTOBER
- PUMPKIN
- SPIDERWEB
- SPOOKY
- TREAT
- TRICK
- WITCH



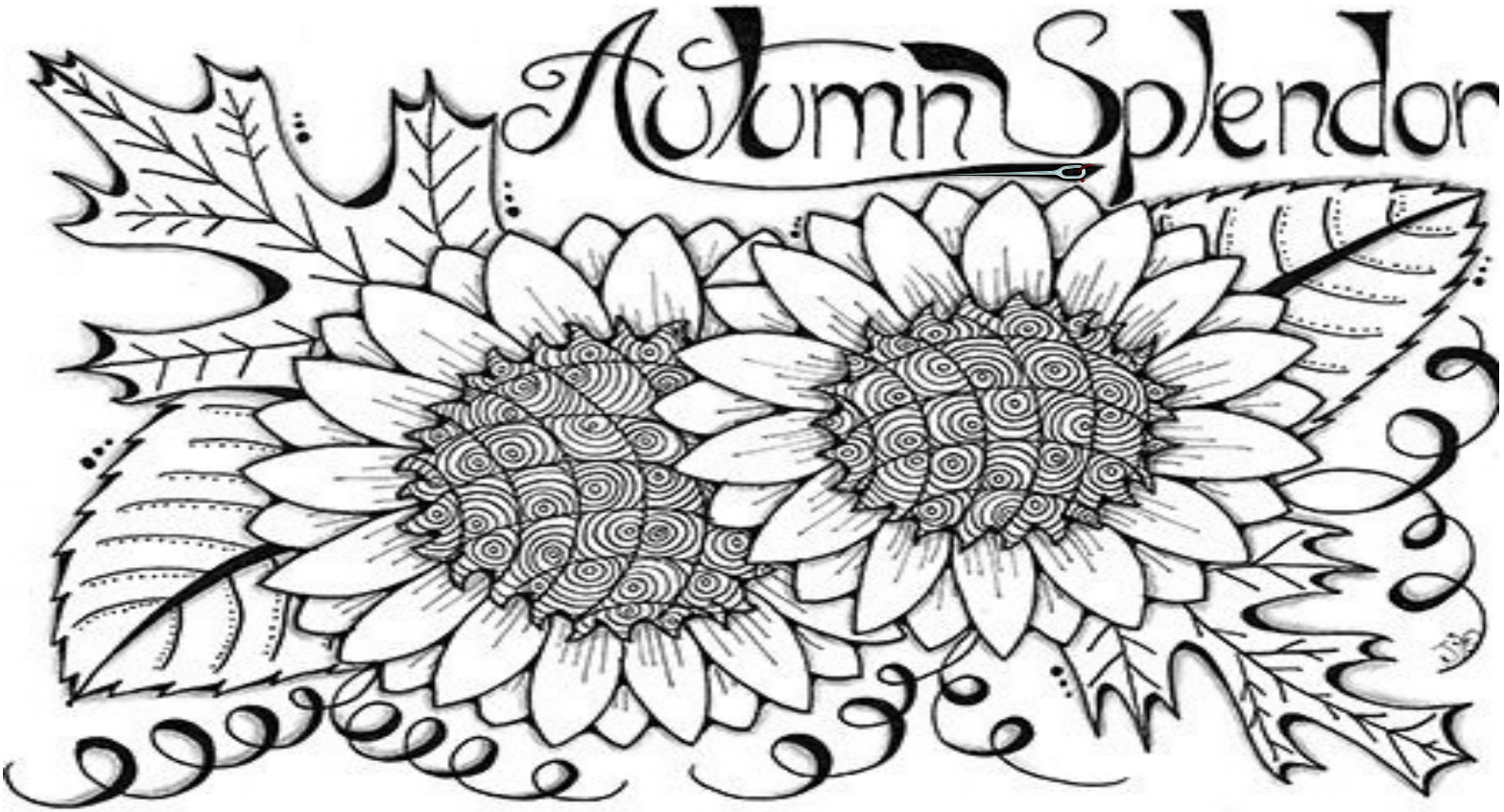
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ACROSS

- 2. Halloween's month
- 4. She rides a broom
- 7. Blind animal that flies at night
- 8. Haunted houses are _____
- 10. What monsters do to you
- 12. What ghosts say
- 13. The moon comes out at _____

DOWN

- 1. What we wear on Halloween
- 3. Bird with big eyes that comes out at night
- 5. This puzzle is about what holiday
- 6. What people give you to eat on Halloween
- 9. The sound an owl makes
- 11. An animal that says meow



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

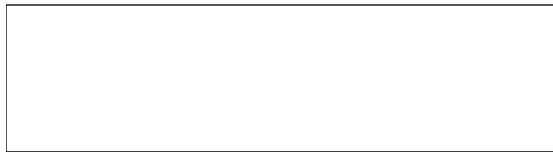


West Fork Center

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

