

Senior Post

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**Foster
Huffman**

'I just want to enjoy life.'

JUNE 2021
A MONTHLY MAGAZINE BY

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Post

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On the cover: Foster Huffman participating at a local parade. Submitted photo.

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Clay Battelle Senior Center

5977 Mason Dixon Hwy., Blacksville • 304-432-8177

Core Senior Center

98 Pedler Run Road, Core • 304-879-5452

Senior Monongalians

5000 Green Bag Road, Morgantown • 304-296-9812

Westside Senior Center

500 Dupont Road, Westover • 304-296-6583

Preston County

Newburg Senior Center

100 Wolfe St., Newburg • 304-892-4662

North Preston Senior Center

WV Rt. 26, Bruceton Mills • 304-379-1165

Preston County Senior Citizens

108 Senior Center Drive, Kingwood • 304-329-0464

Rowlesburg Senior Center

44 Poplar St., Rowlesburg • 304-454-2012

Terra Alta Senior Center

212 E. Washington Ave., Terra Alta • 304-789-2415

Tunnelton Senior Citizens

1266 Senior Drive, Tunnelton • 304-568-2151

Valley District Senior Center

54 W. Highland Avenue, Masontown • 304-864-6465



Westside Senior Center

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How your marital status affects your estate plan



BY DOREEN SEAMON
for The Dominion Post

Traditionally, June has been the most popular month to marry and there are many reasons why. The Roman goddess of marriage, Juno, is said to be a protector of women, in particular in marriage and childbearing, so for those who marry in June it was said they would be blessed with prosperity and happiness. That sounds pretty inspiring as opposed to another reason that came about during medieval times. At that time, people only bathed about once a year and that was usually in the spring, so it was common to marry while the bride still smelled relatively fresh, but just to be safe, she carried a bouquet of fresh flowers to mask any unpleasant odors.

Today, June is still a popular month for

weddings, but as we know while the wedding is a momentous occasion, the wedding is just a celebration of the main event – the actual marriage. In estate planning, getting married changes things quite a bit in the eyes of the law so we should update our estate planning documents to reflect that change in status.

Most states, including West Virginia, have laws that help cover the gaps for those who do not update their estate planning documents when they marry. The general presumption is that we would want to include our spouse as an heir of our estate. But, the law also considers how we would wish to provide for our children. If all the children are joint biological or adopted children of the spouses, West Virginia law presumes, the surviving spouse will take care of the children and will be the sole beneficiary of the estate.

It gets a little more complicated if either spouse has children outside the marriage. Even a well-written law cannot anticipate

personal family dynamics. Accordingly, for achievement of their goals, many people formally document their intentions in their estate planning documents. Generally, if there are children outside the marriage, the law will just reduce the amount that goes to the surviving spouse to make sure the decedent's children are provided for.

In some cases, a decedent may have purposefully or inadvertently disinherited his spouse. If there was a prenuptial agreement that stipulated this outcome, then that is usually honored. But otherwise, the law protects that survivor by providing a process for them to "elect against" the deceased spouse's estate. The amount they are entitled to varies based on how long they have been married but the maximum is one-half of the estate.

While a person may be fine with those potential outcomes, it does not take into consideration whether the spouse or child should inherit outright or have their inher-

itance controlled by a trust. Sometimes heirs are not healthy, are spendthrifts or may not have reached adulthood when they inherit. All of these situations cause complications. If the children are minors, they are entitled to their entire share once they reach 18. My clients generally prefer the children to not have full access at such a young age.

Ideally, every adult should have a valid will that clearly lays out their decisions as to who their heirs are and when they will inherit their share of the estate. Most of us have worked very hard for whatever we have so it seems foolish to leave inheritances disbursed per default state laws or based on a will that was not professionally drafted.

Doreen L. Seamon, J.D. is an attorney with Seamon Law Offices PLLC. Her experience includes elder care and estate planning. She writes a regular column for Senior Post. Contact her at columns@dominionpost.com.

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Foster Huffman

'I just want to enjoy life.'

Foster Huffman (above) participating at a local parade. Submitted photo.

BY JENIFFER GRAHAM

The Dominion Post

KINGWOOD – World War II veteran Foster Huffman celebrated his 96th birthday May 8. Huffman, who has been a member of the Preston County Honor Guard since 1985, served on an aircraft carrier during WW II from 1943-46.

An aircraft carrier is a Naval vessel that serves as a seagoing airbase. It is equipped with a full-length flight deck and facilities for carrying, arming, deploying and recovering aircraft.

Huffman said after completing boot camp he traveled the Atlantic until the Normandy Invasion; then the carrier he served on was sent to Africa.

He said during his time on the carrier he spent a year or so on deck force and maintenance then he switched over to gunners mate.

"I took care of the bomb magazine – the area we stored the bombs," Huffman said.

He said after Africa the aircraft carrier went back to dry dock to be overhauled. Huffman said from there they went to the Pacific and was all over the place.

"Our planes went out but we weren't close to

any battles," he said. "We watched for submarines. They are the biggest threat to carriers so we couldn't go out without three escorts, (ships that traveled with the aircraft carrier)."

Huffman said he was impressed when the aircraft carrier he was aboard went through the Panama Canal.

"We went through it twice," he said. "Going through that was something to see. There was only a few inches of space on both sides of the ship."

Huffman said there is one place he visited that he will never forget.

"Pearl Harbor – I will always remember the Arizona," he said. "It's there as a museum; 1,000 sailors are buried there. It was never raised."

Huffman has served as a member of the Preston County Honor Guard for 36 years. He said he is proud of the crew he serves with.

"They are the best we've ever had," he said during a recent breakfast at Little Sandy's Restaurant in Bruceton Mills. "They are the best."

When asked about future plans, he smiled and said: "Enjoy life. I just want to enjoy life."

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Foster Huffman. Submitted photo.

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Senior Center Activities

Westside Senior Center

Westside Senior Center opened June 10, 2001, and is totally operated by volunteers. It is open from 9 a.m. to noon and 6-9 p.m. Monday through Friday at 500 Dupont Road, Westover.

Members are knitting scarves for veterans and active-duty military as part of Operation Gratitude's "Scarves for the Troops." Anyone is welcome to bring knitting needles and join in the project.

Food is collected every month for the Rock Forge Food Pantry.

Evenings are full of things to do. Monday and Friday, bring a musical instrument and play with the group. Tuesdays and Thursdays, there is card playing, and Wednesday evening is for bingo. There is also a well-equipped exercise room that includes a pool table.

Assisted Living at Evergreen

Assisted Living at Evergreen is an alternative to nursing home care. A variety of specially developed leisure activities include outings to Oglebay, holiday dinners and parties and weekly shopping trips. Housekeeping and personal laundry services are available. There are community areas, dining and family rooms, an activity center and a gazebo with fish pond for outdoor relaxing.

Respite Care Program

As of Jan. 3, Respite Care Program went to three days a week, operating from 9 a.m. to 3 p.m. Mondays, Wednesdays and Fridays at Suncrest United Methodist Church, 479 Van Voorhis Road, Morgantown.

There are openings for all three days.

This program is for caregivers who need a break from the loved ones they are caring for. Bring your loved ones to church, and they will be taken care of while you deal with other responsibilities. Two registered nurses are on duty and willing to answer any questions. There are also several volunteers helping with those in the program.

Monthly Rates

One day each week: \$120 per month

Two days each week: \$240 per month

Three days each week: \$360 per month

Payment at the beginning of each month is appreciated, but it can also be made in two payments. There are times when the program closes, including legal holidays, when the church building is closed, when there is a school closing, Easter week, Christmas week and New Year's week. The program will begin on time during two-hour school delays, unless weather or dangerous roads dictate other wise.

To learn more or find out if the program is operating, call the church office at 304-599-6306.

Note: Most area senior centers are closed during the coronavirus pandemic.



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Senior Monongalians

Events and activities

May 2021

Ways to contact or follow Senior Monongalians

Website: www.seniormons.org

Facebook: Senior Monongalians

Phone number: 304-296-9812

Mailing address: P.O. Box 653, Morgantown, WV 26507

Location: Mountaineer Mall

GRAB & GO LUNCHES AVAILABLE

Grab & Go lunch is available from 11:30 a.m. to 12:30 p.m., Monday through Friday. Reservations can be made from 7:30 a.m. until 10:30 a.m. Those reservations will be held until 10:30 a.m. You may also walk in and register for lunch beginning at 7:30 a.m. Each person must sign in before receiving their meal ticket. Guests 60 years or older, lunch is on a donation basis. A suggested donation is \$2. Those under 60 may have lunch for \$5.25.

COVID-19 FUNERAL EXPENSE ASSISTANCE

A new funeral payment assistance program related to COVID-19 deaths since January 2020 is available through FEMA. Individuals can apply for the funeral expense reimbursement by calling FEMA's Assistance Line, 844-684-6333. Calls will be accepted from 9:00 a.m. through 9:00 p.m. Expect to answer a series of questions in order to get the registration process started. Also expect to make several call attempts before reaching a program representative. Phone lines have been very busy.

COVID-19 VACCINE PRIORITY

Seniors in the 65+ age group have priority status for receipt of the COVID vaccine. Seniors who call the COVID Vaccine Hotline, 833-734-0965, will receive an appointment time at the Monongalia County vaccine clinic at the old Sears location in the Morgantown Mall (near the I-79 Westover exit).

Seniors who have received all required COVID vaccines should continue to follow best safety practices: Wear a mask in public, frequently wash hands and observe social distancing. The state mandate to wear a mask in all public indoor places remains in place.

• WV COVID-19 Vaccine Hotline: 833-734-0965

West Virginia-based individuals will provide information about COVID-19 vaccine schedules. Seniors without a computer should use this number to register for the COVID-19 vaccine. The hotline is available Monday through Friday 8:00 a.m. to 6:00 p.m. and Saturday 9:00 a.m. to 5:00 p.m. The hotline is not available on Sunday.

• WV Emotional Support Hotline: 844-435-7498

West Virginia-based counselors are available 24/7 to provide immediate help for West Virginians of any age who are struggling with stress, fears, anxiety, and/or an addiction.

• WV United Way-sponsored information and support

Hotline: 2-1-1 (a three-digit phone number)

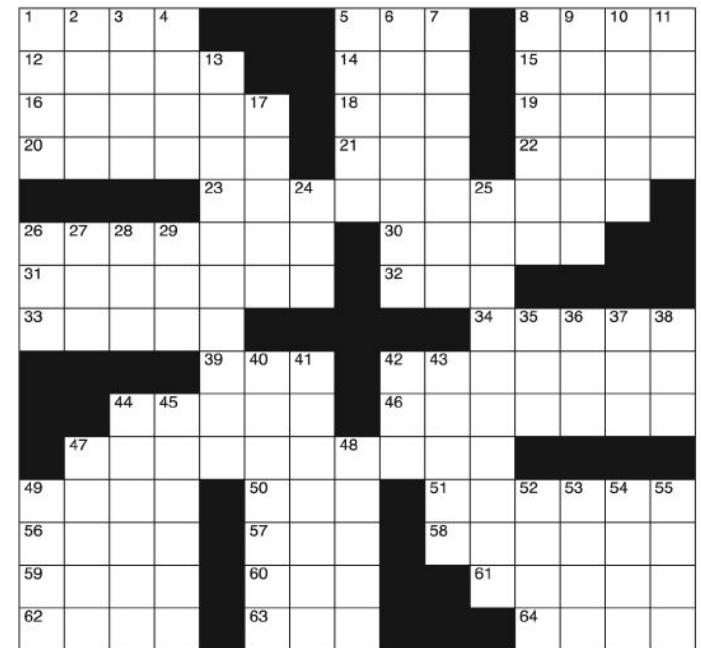
Dial 2-1-1 to speak with West Virginia-based individuals who are trained to provide information and support in the areas of COVID-19, finances, health, housing, food, disabilities and domestic concerns.

UPCOMING OFFICE CLOSINGS

May 31st - Memorial Day

June 21st - West Virginia Day

**Keep checking our Facebook page and
our website for additional events and activities**



CLUES ACROSS

- | | |
|---|-------------------------------------|
| 1. A group of sheep | 34. Approval |
| 5. Of she | 39. Basics |
| 8. This (Spanish) | 42. Where judges sit |
| 12. A type of sorcery | 44. W. African religion |
| 14. A team's best pitcher | 46. Commentators |
| 15. Port in southern Japan | 47. Having many different functions |
| 16. Makes very happy | 49. Member of a Semitic people |
| 18. Trigonometric unit of measurement | 50. Flightless, fast-running bird |
| 19. From a distance | 51. After the seventh |
| 20. Winged nut | 56. Small N. Zealand tree |
| 21. Consumed | 57. Health care pro (abbr.) |
| 22. "Heat" director | 58. Playground mainstay |
| 23. In all places | 59. Expressing relief |
| 26. Made improvements to | 60. Records brain activity (abbr.) |
| 30. St. ___ Girl: brand of beer | 61. Fishing net |
| 31. A type of "seat" | 62. Beer |
| 32. Wood | 63. Tooth caregiver |
| 33. A brief treatise on a subject of interest | 64. Japanese beverage |

CLUES DOWN

- | | |
|---|---|
| 1. Garden tools | 29. Peacock network |
| 2. Early Syrian kingdom | 35. Part of (abbr.) |
| 3. 500 sheets of paper | 36. The 21st letter of the Greek alphabet |
| 4. Information | 37. Not just "play" |
| 5. Beloved comic strip character | 38. Former CIA |
| 6. Distinct form of a plant | 40. Reduced to a sloping edge |
| 7. Replenishment | 41. Restricted the development of |
| 8. Semitransparent glassy substance | 42. Sciences degree |
| 9. Expedition to observe animals | 43. Sea eagles |
| 10. One who held landed granted by Anglo-Saxon king | 44. Saturated |
| 11. Obtain in return for labor | 45. Joints |
| 13. Inheritable genetically | 47. Sailing boat |
| 17. One who rescues | 48. Respiratory organs |
| 24. Doctor of Education | 49. Guitarists use them |
| 25. Liberal arts | 52. Disco act: Bee ___ |
| 26. Shock treatment | 53. First Chinese dynasty |
| 27. Disfigure | 54. Intentionally lose |
| 28. When you hope to get there | 55. Muslim people of China |

The many and varied aspects of time



BY IRENE MARINELLI
for The Dominion Post

"What then is time? If no one asks me, I know what it is. If I wish to explain it to him who asks, I do not know"

~ St. Augustine

When did we first begin our relationship with time? Perhaps the earliest humans gave some thought to the sun's daily path across the sky or to the migration of the animal herds they followed, but even a vague idea of time as we have come to know it, could not have been part of their collective knowledge.

It's interesting to note around 50,000 BCE the first inhabitants of Australia (ancestors of today's aboriginal people) considered nature timeless. They believed their long-dead ancestors' spirits inhabited the living world.

Jumping to 1250 BCE, we find the ancient Egyptians had begun to measure time using sundials carved in stone.

A concept of time even more difficult to unravel and understand is eternity. In our modern thinking eternity goes on and on and on, beyond our capability to understand how this happens. Does eternity simply exist in a static state forever or is it moving ever forward? For centuries, scientists and philosophers have argued about the concept of time. St. Augustine wrote, "In you, my mind, I measure time." He considered time to be an internal, rather than an external experience. Theories abound and I wonder if the concept of time will ever be unraveled to reveal its true nature. What is time; a question for contemplation and perhaps even some personal exploration.

Almost everyone has had the experience

of time "flying by" and time seemingly "standing still," depending on the situation we happen to be in. I remember a night long ago, when one of the children was hospitalized. I remember sitting by the hospital bed through that long, dark night. Time somehow seemed lost in that dark room, as the hours crawled slowly toward dawn. Completely opposite from this experience, most likely we've all had days when time rushes like a runaway train through the hours of a busy day filled with too many tasks and commitments.

One reason time is so fascinating and so important is because it is finite. Time lives in the past through our memories. It lives in the present as we go through our days and it lives also in the future as we plan for tomorrow and the years to come. Time offers us tomorrows and tomorrows; then suddenly it stops. For each of us death is the end of time. Was St. Augustine right when he perceived time as internal, within the human mind?

It seems a shame to waste this gift we call time, yet how we humans do waste it with our greed, our jealousy, our constant conflicts! Now, as we age, time truly seems priceless. It becomes even more precious as we admit to ourselves that one day it will be gone. Now we begin to consider our priorities in the light of our remaining time. We begin to measure how we go about our daily life against the reality of time. Now time leads us away from the rush and competition of our early years. It gives us long days and quiet hours.

As we age, the good advice of Carl Sandburg seems pertinent: "Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful, lest you let other people spend it for you".

Irene Marinelli writes a regular column for Senior Post. Contact her at columns@dominionpost.com.

Assisted living and residential care communities

Monongalia County

Evergreen Assisted Living

3705 Collins Ferry Road, Morgantown
304-598-8401

Morgantown Health and Rehab (formerly Golden Living Center)

1379 Van Voorhis Road, Morgantown
304-599-9480

Madison Center

161 Bakers Ridge Road, Morgantown
304-285-0692

Mapleshire Nursing and Rehab Center

30 Mon General Drive, Morgantown
304-285-2720

Sundale

800 J.D. Anderson Drive, Morgantown
304-599-0497

The Suites at Heritage Point

1 Heritage Point, Morgantown
304-285-5575

Harmony at Morgantown

50 Harmony Drive, Morgantown
304-503-4349

Preston County

PineRidge

(formerly Heartland)
300 Miller Road, Kingwood
304-329-3195



PineRidge



Metro Creative Connection

Losing interest in an exercise regimen is a situation many fitness enthusiasts have confronted at one point or another. Overcoming a stale workout routine can be simple for young athletes, whose bodies can typically handle a wide range of physical activities. That flexibility allows younger athletes the chance to pursue any number of physical activities when their existing fitness regimens grow stale. But what about seniors who have grown tired of their workouts?

Even seniors who have lived active lifestyles since they were youngsters are likely to encounter certain physical limitations associated with aging. According to the Centers for Disease Control and Prevention, the likelihood of dealing with one or more physical limitations increases with age. CDC data indicates that 8 percent of adults between the ages of 50 and 59 have three or more physical limitations. That figure rises to 27 percent among adults age 80 and over.

Physical limitations may be a part of aging for many people, but such obstacles need not limit seniors looking to banish boredom from their workout routines. In fact, many seniors can successfully engage in a variety of exercises that benefit their bodies and are unlikely to grow stale.

• **Water aerobics:** Sometimes referred to as “aqua aerobics,” water aerobics may involve jogging in the water, leg lifts, arm curls, and other activities that can safely be performed in a pool. The YMCA notes that water aerobics exercises are low impact, which can make them ideal for seniors with bone and joint issues like arthritis.

• **Resistance band workouts:** Resistance

band workouts can be especially useful for seniors who spend a lot of time at home. Resistance bands are inexpensive and don’t take up a lot of space, making them ideal for people who like to exercise at home but don’t have much space. Resistance bands can be used to strengthen muscles in various parts of the body, including the legs, arms and back. Resistance bands can be pulled or pushed in any direction, which allows for more versatility in a workout than weight machines and dumbbells. That versatility allows seniors to spice up their workout regimens when things get a little stale.

• **Pilates:** Pilates is another low-impact exercise that can be ideal for seniors with bone and joint issues. According to SilverSneakers™, a community fitness program for seniors that promotes living through physical and social engagement, Pilates can help seniors build overall strength, stability and coordination. SilverSneakers™ even notes that seniors can experience improvements in strength and stability by committing to as little as 10 to 15 minutes of daily Pilates exercises.

• **Strength training:** Seniors on the lookout for something more challenging than a daily walk around the neighborhood should not overlook the benefits of strength training. The CDC notes that seniors who participate in strength training can stimulate the growth of muscle and bone, thereby reducing their risk for osteoporosis and frailty. In fact, the CDC notes that people with health concerns like arthritis or heart disease often benefit the most from exercise regimens that include lifting weights a few times each week.

Physical limitations are a part of aging. But seniors need not let such limitations relegate them to repetitive, boring workouts.

Senior emergency assistance

If you are a senior and find yourself in need of emergency assistance, the following is a list of locations where heating, food, pet food, and other emergency help can be obtained.

Catholic Charities
827 Fairmont Road, Suite 203
Westover
304-292-6597

Christian Help, Inc.
219 Walnut St., Morgantown
304-296-0221

DHHR
Monongalia County
114 S. High St., Morgantown
304-285-3175
Preston County
18351 Veterans Memorial Hwy.
Kingwood
304-329-4340

North Central West Virginia
Community Action
Marion County
215 Scott Place, Fairmont
304-363-4367
Preston County
428 Morgantown St., Kingwood
304-363-2170

Salvation Army
Monongalia County
1264 University Ave., Morgantown
304-296-3525
Preston County
124 Morgan St., Kingwood
304-329-1245

Catholic Community Charities
Preston County
304-329-3644
The Raymond Wolfe Center is the only food pantry in Preston County that has specialized diet foods (diabetic, salt free, etc.). It also has some pet food available. Call to check on availability.

The Connecting Link
235 High St., Morgantown
304-296-3300

The following locations are for Preston County residents only.
Wesley United Methodist Church
304-329-0707

St. Vincent DePaul Helpline
304-329-6229

Heat for Preston
(January - March only)
304-329-2316

Terra Alta Council of Churches
(Terra Alta residents only)
304-789-2509

PUZZLE SOLUTION	H	E	R	D			H	E	R			E	S	T	E		
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