

Senior Post

Living well and gracefully through the golden years

**Carroll
Wilkinson**
*An activist for
women's lives*

APRIL 2022
A MONTHLY MAGAZINE BY

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- 3 - Senior centers and facilities
- 3 - Senior center activities
- 4 - Estate planning for special family situations
- 6 - Carroll Wilkinson: An activist for women's lives
- 7 - Assisted living and residential care communities
- 8 - Budgeting for long vacations abroad
- 9 - How to lower your prescription drugs
- 9 - Crossword
- 10 - Dealing with regrets and the difficulty of self-forgiveness
- 10 - Senior emergency assistance
- 11 - Senior Monongalians: Events and activities

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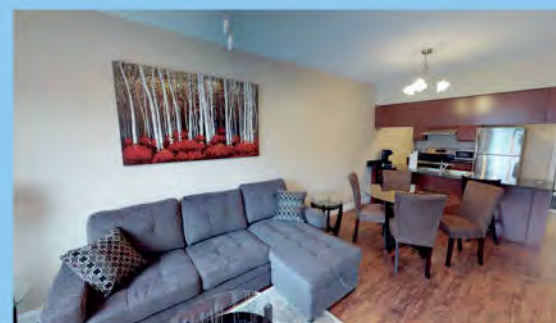
On the cover: Carroll Wilkinson. Submitted photo.



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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



Westside Senior Center

**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 Ave., Masontown
304-864-6465

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.

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



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Estate planning for special family situations



BY DOREEN SEAMON
for The Dominion Post

This year this article is following a hypothetical couple through their lives to see what role estate planning had on their family. To review prior articles, go to Seamon-

LawOffices.com/Blog.

Our story follows a couple I refer to as "John" and "Sue". They established their estate plan as young parents, then later they updated their plan to address concerns over their adult daughter's poor decision-making. I was surprised to hear from them again so soon, but John had mentioned his sister recently passed due to a drug overdose, so I thought maybe he was trying to help the family tie up some loose ends. I was very surprised that they had been appointed guardians of his sister's son.

John and Sue's youngest child was in college, so going from being practically empty nesters to the guardians of a 10-year-old was quite a change, but they were determined to help Joey. They explained that Joey had some behavioral and developmental deficits that his physician believed might be overcome with his new healthy and supportive home environment.

John and Sue decided that they accepted Joey as their son in their hearts and wanted to know what changes needed to be made to their last will and testament to include him. At that point, they were considering adoption, but that was not a decision that they were going to make immediately. I explained that their current wills distribute their estate to their descendants equally and that would not include Joey if he was not a biological or adopted child, but that we could specifically include him if that was their wish.

This loving couple decided that they wanted

to include Joey and treat him as if he were their own. They already knew from our previous conversations that they could control his inheritance until he was an adult and then even longer if he was not fiscally responsible or mature enough to manage his inheritance. We reviewed a variety of ways to do so. They were concerned that if Joey's learning deficits were not overcome that he would not be successful in college, and they recalled that their estate plan currently provided for college but they wanted to make sure the educational provisions would also pay for a trade school. I reassured them that the provision for education was not limited to college.

Due to Joey's mother's addiction, they were very relieved to learn that we could include a provision giving Joey's trustee permission to require a drug test before an outright distribution to him as well as requiring Joey to be a productive member of society before benefiting from the trust as an adult. They didn't want Joey to be what they referred

to as a "trust baby."

Before they left, I explained that their wills could have standby language in case Joey ended up having some deficits that could lead to him needing to apply for means tested benefits such as Supplemental Security Income (SSI) or Medicaid. Prior to Joey, their family had relatively few health issues, so they were not familiar with these types of benefits. We discussed that process a bit, but they were confident that with their support Joey would mature into an independent adult. They decided that they would rely on those standby provisions for now, but they would keep our office updated on Joey's progress. We agreed that our office would set a reminder for one year from their updates to check in on them.

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



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Carroll Wilkinson: An activist for women's lives

Story by **Jeniffer Graham** for The Dominion Post
Photo submitted.



Carroll Wilkinson was born in Chicago, and is a West Virginia transplant. She said she moved to West Virginia with her husband in 1976 after graduate school and a few years of professional experience in Kentucky, New Jersey and Illinois.

Wilkinson was a librarian at the WVU Library from 1979–2019 and served in many different areas, including Reference, Access Services and the Dean's Office. She retired in 2019 as the WVUL director of Strategy and Planning.

"Over my long career as an academic librarian in different roles, I was always drawn to teaching and learning about all women's stories of obstacles faced and overcome. My research first explored women working in non-traditional fields, such as for example like coal mining and symphonic conducting," she said.

Wilkinson said that is why she was drawn in her retirement to work with the West Virginia Feminist Activist Collection. She is currently a volunteer for the advisory team for the WVU Feminist Activist Collection.

"I can help locate and preserve records of women's lives and their activism, and then facilitate their accessibility to students, faculty and community members in the years ahead," she said. "I don't want to lose these stories of struggle and achievement that open opportunities to other women."

According to the site, wvrhc.lib.wvu.edu/collections/west-virginia-feminist-activist-collection, "The West Virginia & Regional History Center is developing the WV Feminist Activist Collection to capture the

voices and stories of native and transplanted West Virginians who have worked to affirm the political, economic and social equality of the sexes.

"The existing collection includes a group of primary and secondary sources, with significant additions from five activist women and one activist organization. The collection includes a group of primary and secondary sources, with significant additions from five activist women and one activist organization. We will build on that foundation, expanding it to include more extensive documentation of the struggles, experiences, contributions, and accomplishments of feminist activists, supporting teaching, learning and research at WVU, in the broader state and regional communities and beyond."

Records that are being collected are oral histories; correspondence both professional and personal; photographs; diaries and journals; scrapbooks; audio and video recordings; organizational records at the local/state level; printed materials such as brochures, fliers, programs, bulletins, artwork, poetry and other creative pursuits; legislative agenda and position papers; women's movement jewelry, hats, T-shirts, arm bands and other records that document feminist activism.

The "Don't Throw it Out!" video explains the importance of saving these items. (See the end of this article for how to locate and view it.)

"If anyone doubts if they have something of importance, assume that it is," Professor Emerita Judith Gold Stitzel said. "We don't know what the final puzzle

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is, so we don't want to throw out pieces of the puzzle before we've had a chance to put them all down."

A simple flyer from 1970 could help shine light on a community's perspective on important issues of the day. Among the many items in her donation, Carroll Wilkinson, university librarian emerita, included a postcard from a friend.

"Postcards are wonderful archives. They have messages and dates," she said. "They are a snapshot of time."

Wilkinson said anyone who is interested in donating to the collection has numerous options. He or she can Google WVU Libraries main home page. On the left side of the page click on About Us, then Ex Libris, go to the Fall 2021 WVUL magazine and read or download and read "Don't Throw it Out!" for background information.

Going on line to the WVRHC Feminist Archives Curated Collections contains pictures of some of the archives in a virtual exhibit. The other option is viewing the hour-long video, "Don't Throw It Out!" available at: <https://wvrhc.lib.wvu.edu/collections/west-virginia-feminist-activist-collection/events> Upcoming events are listed first, but scrolling farther will take the reader to the video discussed here. In it, basic definitions are given and ideas of materials that might be of interest are presented.

For more information, call or email Lori Hostuttler, assistant director, at 304-293-1116 or lori.hostuttler@mail.wvu.edu.



Submitted photo

Carroll Wilkinson

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

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 1 Heritage Point
 Morgantown • 304-285-5575

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Metro Creative Connection

Seniors typically have more time to travel than other groups. That freedom entices many to travel overseas, often for extended periods of time.

The cost comparison site CostAide indicates that the average two-week vacation for two to Amsterdam can run around \$5,000 to \$6,000. Lengthen that trip to a month, and a vacation of one's dreams can set a couple back \$12,000. Change the destination and costs could get even higher.

The last thing any traveler wants is to run out of money during a dream vacation. This makes figuring out costs and budgeting for such trips essential. Seniors planning the trip of a lifetime can consider these tips to budget effectively

and maximize their vacation dollars.

Air travel

Transportation abroad undoubtedly will be one of the largest expenses travelers incur. Check prices from multiple airports in your area for the best rates, even if it means having to drive a bit further. If you have only one local airport, book a separate flight to a travel hub, such as Atlanta or New York, so you can comparison shop more affordable flights to your final destination.

Plan a year or two out for the trip and shop around for travel rewards credit cards that provide reward earnings in the way of airline miles; start accumulating them with everyday purchases. If you use airline rewards wisely, you won't need to budget for the flight and

may enjoy extra perks like priority boarding or free baggage check.

Calculate pre-trip prices

Start shopping destinations to see which locales align with your budget. Compare and contrast estimates as to how much each destination may cost on a daily basis. Prices can vary widely depending on the destination, and this is a great way to some pre-trip notion of what your dream trip will cost.

Look into lodging

There is a lot of wiggle room when it comes to lodging and price points. You can stay in five-star hotels and pay a premium or consider hostels if bells and whistles aren't your priority. Keep in mind that a longer stay could come with a discount. Airbnb, for example,

lets hosts list weekly or monthly prices, with monthly discounts running 40% to 60% less than daily rates.

Food

Food is a priority when traveling. If you can stay in accommodations with a kitchenette, you can reduce dining costs and make meals as desired.

Food plans are another consideration. Book destinations that offer an all-inclusive or a meal plan option. It may not be the cheapest alternative, but you'll have peace of mind knowing food costs already are covered.

Budgeting for a long trip means understanding average costs, deciding on priorities and using discounts at one's disposal.

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How to lower your prescription costs



BY JENIFFER GRAHAM

for The Dominion Post

Medicare – What Is Next? If you recently changed plans, the item below could have an impact on you and the advice offered could help avoid unnecessary frustrations, according to benefit specialist Michael Cilella.

Prescriptions — Cilella said if you switched carriers (example: you had Humana and switched to Aetna). You need to contact your physician and inform him/her of your change and which pharmacy is the preferred pharmacy with the carrier you have switched to.

“An example would be Humana is aligned with Walmart as their preferred pharmacy. This translates to lower pricing to you using a preferred pharmacy. Many people like and prefer to shop with their local pharmacy and could be paying higher prices when you pick up your prescriptions. Another cost-saving can be enjoyed by utilizing the carriers preferred ‘mail-order’ pharmacy for refills. This again requires a call into your physician to have them send your prescriptions into the respective mail order pharmacy,” Cilella said.

He said typically, online pharmacies send you a three-month supply and your copay is only for two months; \$10 vs \$15.

“Just know that you have options and if you have questions call your carrier for help. If you are on some ‘high-dollar’ medications,” Cilella said.

He said he has some additional options that can be purchased by you for a lower price than your plans copay outside of your current plan. He said this not only saves you money, but it can also potentially keep you out of the infamous “doughnut hole.”

Diabetes Supplies — Cilella said CMS that manages Medicare has the pricing on many items covering 80% and the patient pays 20%. He said this again requires you to take

ownership in your healthcare and costs related to that.

“There are many resources for cost-savings on your supplies, not every supplier starts with the prices. For example one supplier lists their price \$200 vs another supplier that lists their price at \$160.” Cilella said. “Your 20% is lower with the second supplier than the first one; \$40 vs \$32. Again this is just an example. Many plans have stepped it up in 2022 and are offering diabetes savings plans that have capped insulin related products at \$35.”

Take Control of your Healthcare

“There’s a book available titled, ‘Never Pay the First Bill, and other ways to fight the health care system and win’ by Marshall Allen,” Cilella said. “I see this happening weekly and I experienced this personally after going to my family doctor for an annual checkup. My plan and all plans should cover your annual Medicare wellness checkup at 100%.”

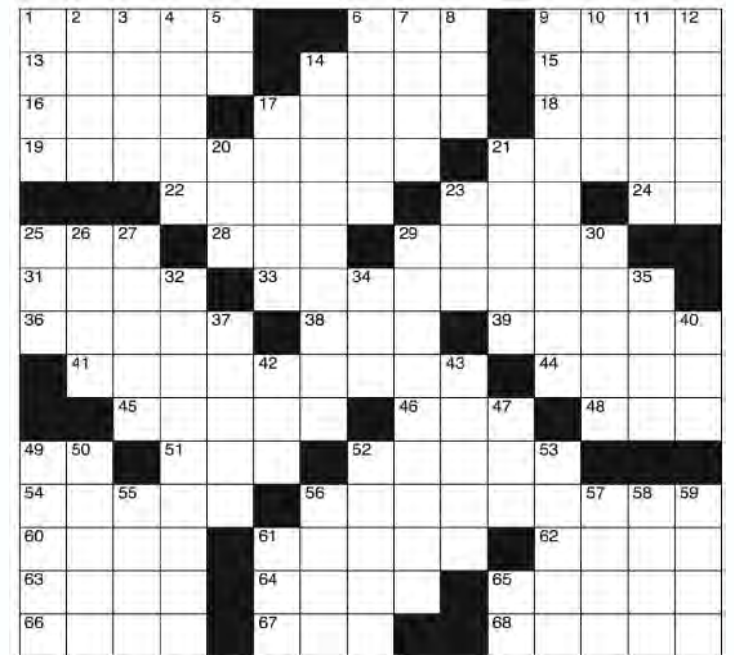
He said three months after the visit he received a bill for \$10 for one of the lab tests that is supposed to be covered.

“Naturally as an agent selling these plans I took offense to the situation and called my carrier who directed me back to the doctor, citing that the one test was coded incorrectly by the doctor’s office,” Cilella said. “I then called the office twice to have it reviewed and rebilled. So far, I’ve not seen a bill from the practice. The bill was for \$10 and most people would just comply and pay it. This is wrong. Take ownership of your healthcare.”

He said ironically this is exactly what the book ‘Never Pay the First Bill, and other ways to fight the health care system and win’ by Marshall Allen covers in great depth.

For more information about Medicare Plans, contact Michael Cilella, BOST Benefits/Benefit Specialist

Phone: 877.283.7600 Ext. 136, or email mcilella@BOSTbenefits.com or go to www.BOSTbenefits.com



CLUES ACROSS

1. Hillsides
6. A way to ingest
9. Large number
13. Southeastern Minnesota city
14. Cronies
15. Having sufficient skill, knowledge
16. Supplements with difficulty
17. Former VP nominee Palin
18. Cambodian monetary unit
19. Where coaches work
21. Secret political clique
22. A type of lute
23. Tan
24. Empire State
25. Where golfers begin
28. For each
29. Muslim inhabitants of the Philippines
31. Bird genus
33. Popular Dave Matthews Band song
36. Domesticates
38. “Boardwalk Empire” actress Gretchen
39. Asian antelope
41. One who takes apart
44. Kin
45. Dresses
46. Says something about you (abbr.)
48. Doctor of Education
49. One quintillion bytes (abbr.)
51. Overcharge
52. Sailboats
54. Indian musical patterns
56. Predisposition to a condition
60. Share a common boundary with
61. Wide
62. Skin disease
63. Monetary unit of Samoa
64. Source of the Blue Nile
65. Instrument
66. Red deer
67. Unidentified flying object
68. Bar or preclude

CLUES DOWN

1. Flying insects
2. Strong alcoholic spirit
3. Old
4. Moves in slowly
5. Symbol for tin
6. Having certain appendages
7. Expression of sorrow or pity
8. Type of hormone (abbr.)
9. One with an unjustified mistrust
10. Hebrew calendar month
11. Pure
12. LSU football coach
14. Unbroken views
17. Fathers
20. Part of a race
21. Hairstyle
23. Fifth note of a major scale
25. Body art
26. Amounts of time
27. Designed chairs
29. Sensational dramatic piece
30. Arrangement of steps
32. Classifies
34. Young child
35. Oh, no!
37. Astronomical period of about 18 years
40. Not or
42. Poke fun at
43. Consisting of roots
47. “__ Humbug!”
49. A way to remove
50. A confusion of voices and other sounds
52. Keyed instrument
53. Varnishes
55. Unpleasantly sticky substance
56. Unable to hear
57. A short erect tail
58. Indicates interest
59. Flow or leak through
61. British thermal unit
65. Iron

Solution on page 10.



Dealing with regrets and the difficulty of self-forgiveness



BY IRENE MARINELLI
for The Dominion Post

*"Things without all remedy
should be without regard.
What's done is done".*

~ William Shakespeare

The other day I was idly browsing through the bookshelves in my room, looking for something to read at bedtime when I came upon a book by Richard Paul Evans entitled "The Mistletoe Promise." The first sentence focused my attention and made me catch my breath. The protagonist of the story says, "If you could erase just one day from your life, would you know the day? ... I am one of those people who would know the day." She goes on to say, "I have punished myself for my mistakes more times than I can remember."

These lines made me think about regret and self-recrimination and how most of us have

tasted these bitter fruits at one time or another. A long life gives us wisdom as we age. At least that's the supposition. A long life also allows more time to make mistakes, get into situations that we later regret. Is there a day I'd like to live over so I could change it? Yes, for me there's more than one. For most of us, I suspect, such a day, such a situation that brings chastisement and regret, lives back there somewhere in our memories, and comes out now and then to torment us.

Night seems to be a catalyst for such introspection. Tossing and turning, punching the pillows into submission, hungry for peaceful sleep, our minds hold us hostage. Whirling us into a spiral of unbidden thoughts, they pull up from dark places things we wish we hadn't done or said. This self-condemnation solves nothing, changes nothing. It is like a boulder that always, eventually slips back down upon us when we try to crawl out from under it.

Clinical psychologists who study regret tell

us regret can be productive, changing our outlook and facilitating a learning experience. But first we need to forgive ourselves for past behaviors and decisions, learn to let go of the guilt and self-blame.

Dr. Mary Lamia writes about an analysis of regret among Americans: "The 6 biggest regrets of Americans found in this study (in descending order of frequency) are education, career, romance, parenting, self-improvement and leisure." According to several studies by clinical psychologists, low self-esteem, anxiety and depression are associated with constant dwelling on past mistakes.

We've all made mistakes and, though we may have learned from past mistakes, we'll likely never perfect ourselves to the point where we no longer make any. So what do we do about those past regrets that come to light every now and then and linger long enough to keep us on edge? Looking at the research, there's good advice out there. Perhaps we

can deal effectively with our regrets by first, and foremost, forgiving ourselves, secondly by accepting these negative emotions for what they are: shadows of the person we once were, thirdly, identifying the lessons we've learned from our mistakes and finally, trying our best to move on without guilt or shame. Easily said, but not so easy to do. We all probably have a mind picture of our "ideal selves," even knowing we can never make that picture a reality. So acceptance of ourselves "warts and all," as the poet says, is key to letting go and moving on.

In the words of Les Brown, "Don't become a hostage of your past by always reviewing and reliving your mistakes ... Release it and let it go." Wise words for me, perhaps for you as well, gentle reader. It's time to put down this burden that weighs so heavily upon us.

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

PUZZLE SOLUTION

B	R	A	E	S			E	A	T		P	A	C	K
E	A	G	A	N		P	A	L	S		A	B	L	E
E	K	E	S		S	A	R	A	H		R	I	E	L
S	I	D	E	L	I	N	E	S		C	A	B	A	L
			S	A	R	O	D		S	U	N		N	Y
T	E	E		P	E	R		M	O	R	O	S		
A	R	A	S		S	A	T	E	L	L	I	T	E	
T	A	M	E	S		M	O	L		S	A	I	G	A
	S	E	P	A	R	A	T	O	R		C	L	A	N
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E	B		R	O	B		P	R	O	A	S			
R	A	G	A	S		D	I	A	T	H	E	S	I	S
A	B	U	T		B	E	A	M	Y		A	C	N	E
S	E	N	E		T	A	N	A		F	L	U	T	E
E	L	K	S		U	F	O			E	S	T	O	P

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
304-291-0221

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 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

Senior Monongalians - Events and activities

DONATE WITH AMAZON SMILE - Senior Monongalians is a 501C3 nonprofit. If you would like to support the programs and services we offer to the older adults and their families of Monongalia County, consider utilizing Amazon Smile. Amazon Smile is a charity donation through Amazon. Once you sign into Amazon Smile, designate Senior Monongalians, Inc. as your charity, then do all your normal online shopping. Amazon will donate a percentage of your total purchases to be donated to us. It is the perfect way to donate all year long without having to worry about filling out a check or making a special trip to our center.

INDOOR DINING LUNCH - Seniors are invited to join us for a hot, delicious lunch in our lunchroom. Current lunch capacity is limited to 35 people per day. Lunch is served from 11:30 a.m. to 12:30 p.m., Monday through Friday. Adults aged 60 or older are eligible to eat on a donation basis. A suggested donation is \$2.00. Lunch is available on a first come, first serve basis.

Menus are available on our Facebook page, our website: www.seniormons.org, and at Senior Monongalians' office. All menus are subject to change without notice.

GRAB & GO LUNCH STILL AVAILABLE - For those who are more comfortable eating their lunch at home and/or tired of cooking, we offer a Grab & Go lunch program to adults aged 60 years or older. This service is offered Monday through Friday. Reservations are required. Make your reservations by calling 304-296-9812 from 8:00 until 10:30 a.m. A staff member will bring your hot lunch to you curbside. Grab & Go lunch is at a donation basis. A suggested donation is \$2.00.

Menus are available on our Facebook page, our website: www.seniormons.org, and at Senior Monongalians' office. All menus are subject to change without notice.

ZOOM TRANSPORTATION TO SENIOR MONONGALIANS - Would you like to participate in the activities that we offer, but are unable to get there? Are the public bus routes too far away or too complicated to figure out? Have you decided that you would rather have someone else drive? The ZOOM ride service is the answer. People are able to call to set up a schedule to come into the center. This service is available Monday-Friday. The ZOOM driver will pick you up at your home and drop you off at our front door. This may allow you to participate in activities or have lunch at the center. After lunch, the ZOOM driver will pick you up and return you to your home. This service is FREE to Monongalia County adults aged 60 and older. If you have questions or would like to sign up for the ZOOM transportation, call 304-296-9812.

WEEKLY ACTIVITIES SCHEDULE - We are proud to announce new changes and additions to our weekly activities schedule.

POOL - Monday, Wednesday, Friday - 1:00 to 3:00 p.m. 4 people per table (2 tables)

COMPUTER LAB - Monday, Wednesday, Friday - 1:00 to 3:00 p.m. 1/2 hour, 1 person, 1 computer. Must sign consent form.

DOMINOES - Tuesday and Thursday - 1:00 to 3:00 p.m. Nutrition Room, 4 people per table, 6 sets

MAHJONG - Monday, Wednesday, Friday - 9:00 to 11:00 a.m.; 1:00 to 3:00 p.m. Nutrition Room or Library, 8 people per table

CARD GAMES - Monday - Thursday, Nutrition Room, 9:00 to 11:00 a.m.; 1:00 to 3:00 p.m.

SPONSORED BINGO - Every Friday, 10:00 to 11:00 a.m.

EXERCISE ROOM - Monday - Friday, 9:00 a.m. to 3:00 p.m., 1/2 - 1 hour per person, 6 people max.

GROUP EXERCISE WITH NATHAN - Second Wednesday each month

VITAL SIGNS CLINIC - Thursday 10:00 to 11:00 a.m., Nutrition Room

LIBRARY - Daily, 10:00 a.m. to 4:00 p.m.

WALK WITH EASE RETURNS - Senior Monongalians is proud to announce the return of the Walk with Ease fitness program. Walk with Ease is a fitness and educational program developed by the Arthritis Foundation. The group will meet on Mondays, Wednesdays, and Fridays to walk, learn, and socialize. Participants will need to pick up an information packet before the initial Walk with Ease session in early April. Keep watching the Senior News and our Facebook page for more information.

SPECIAL EVENTS - Subject to change.

Friday, March 25th from 8:00 a.m. to 1:00 p.m. - FREE Hearing Screenings - Jodi from the Beltone Hearing Aid Company will be available to conduct FREE baseline hearing tests, perform basic cleaning and maintenance, and answer questions that you have about hearing aids. Make your appointment by calling 304-366-2241.

Friday, March 25th at 10:00 a.m. - Bingo with Beltone - Bethany from Beltone Hearing Aid Company will lead a few games of bingo and will award prizes to the winners.

Friday, April 1st at 10:00 a.m. - Sponsored Bingo

Friday, April 8th at 10:00 a.m. - Sponsored Bingo

Friday, April 15th - CLOSED for Good Friday

Friday, April 22nd from 9:00 a.m. to 1:00 p.m. - FREE Hearing Screenings - Jodi from the Beltone Hearing Aid Company will be available to conduct FREE baseline hearing tests, perform basic cleaning and maintenance, and answer questions that you have about hearing aids. Make your appointment by calling 304-366-2241.

Friday, April 22nd at 10:00 a.m. - Bingo with Beltone - Bethany from Beltone Hearing Aid Company will lead a few games of bingo and will award prizes to the winners.

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 • **Email questions to:** gmullens@seniormons.org

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 a.m. - 6 p.m. and Saturday 9 a.m. - 5 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.

WHAT WOULD YOU DO IF YOU DIDN'T HAVE JOINT OR MUSCLE PAIN?



Don't let muscle or joint tightness and pain control your quality of life. Let the largest collection of rheumatologists in the state help you get back to the things you love.



WVU Medicine Rheumatology provides the most advanced care, diagnosis, and treatment for many conditions of the bones, joints, and muscles. If you're experiencing tightness or pain in your joints or muscles that does not go away after a few days, a WVU Medicine rheumatologist can help you develop a

treatment plan to improve your quality of life. Our expert providers are specially trained to diagnose diseases of the bones, joints, muscles, and surrounding tissues. We're committed to providing you with the best possible care for chronic conditions like arthritis.

Call **855-WVU-CARE**, or visit **WVUMedicine.org** to schedule an appointment.

You can now schedule many of your appointments online at
MyWVUChart.com
Sign-up for an account today!

