

Senior Post

Living well and gracefully through the golden years

Preston County Senior Center receives new home-delivery meal truck

MARCH 2024
A MONTHLY MAGAZINE BY



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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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- ▶ **Expert Care & Support:** At The Village at Heritage Point, your well-being is our top priority. Our team of dedicated professionals ensures that you receive personalized care, providing you with the peace of mind to savor every moment.
- ▶ **Legacy Events:** Immerse yourself in a vibrant community where every day is an opportunity to create lasting memories. Our Legacy Events are designed to celebrate life, fostering connections and enriching your experience.

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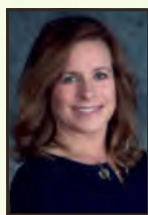
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The Village
at Heritage Point

Mon Vandalia Health

Make reviewing your estate plan one of your New Year's resolutions



BY DOREEN SEAMON
for The Dominion Post

The first quarter of a new year is a good time to review your estate plan to ensure it is up to date. Less than half of Americans have estate planning documents in place and many of those people who do have them, have outdated documents. Documents that were created when your children were born may need updating 20, 30, or 40 years later, after your family and financial situation have changed entirely.

Estate planning is all about a handful of essential documents: the durable power of

attorney, the medical power of attorney, advanced directives, the HIPAA release, the last will and testament, and in some cases a revocable living trust.

While most people consider estate planning about what happens after they pass away, most of these essential planning documents are about how you want your affairs managed while you are living but have a period of incapacity or a health emergency.

The durable power of attorney appoints someone you trust to handle your finances and legal matters in the event of your incapacity whether the incapacity is temporary or permanent. In the absence of this document (or if it does not properly address certain aspects of your affairs sufficiently) family

members often must resort to applying to court to be appointed conservator which causes delay and expensive and unnecessary legal fees. The conservatorship process may result in disagreements among family members since you did not make decisions yourself. For parents of minor children, it should also appoint a guardian for your children in the event of your incapacity.

Your health care power of attorney appoints a health care representative to step in for you to make health care decisions when and if your physician determines that you are unable to make those decisions for yourself.

Your advanced directives (also known as living will), indicate whether you wish to be kept alive by artificial means if you are in a permanent vegetative state.

The HIPAA law bars medical practitioners from releasing medical information to anyone, even to the spouse of a patient, without a release. This is important because your medical power attorney is not activated unless you are declared incapacitated, but you may want your family to be able to communicate with your medical providers prior to that time, especially in an emergency.

Your last will and testament says who will get your assets when you die and who will be in charge of your estate. It should appoint a personal representative (also known as executor or executrix) to utilize your assets to pay your bills, to file your tax returns, and to distribute your assets pursuant to your instructions. For parents of minor children, it should also appoint a guardian for your children.

Finally, you may also want a revocable living trust because you maintain control over the trust while you have the ability to do so, it makes it easy for your named successor to step in when needed. In addition, trust assets do not have to go through the probate process which can save your heirs time and trouble after your death.

As you can see, most of these documents are about life not death. If you have been putting off creating your estate plan or updating it, the time to plan is now!

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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Preston County Senior Center receives new home-delivery food truck

BY JENIFFER GRAHAM
for The Dominion Post

KINGWOOD — Last year, the Preston County Senior Center in Kingwood provided 30,485 home-delivered meals. The center has seven home delivery routes throughout the county. Deliveries are also made to six sites and seven clubs in the county, where seniors can enjoy an eat-in lunch and socialize.

Tina Turner, executive director-in-training, said the center was recently able to add two new hot/cold trucks, bringing the number of trucks up to five. She said three of the trucks are older and were purchased around 2010.

"Praises to the mechanics who keep the older trucks safe and road ready," Turner said

Turner said the hot/cold trucks keep the

food at safe temperatures so routes can be expanded and more seniors can be helped

"Until we were able to get the two new trucks, we were using Jeeps to deliver food on some of our routes. The drivers had to use thermal bags to keep the food hot or cold," she said.

Turner said one of the new trucks was ordered using Legislative Initiative for the Elderly (LIFE) funds. She said the center was desperate for a truck when that one was ordered.

Turner said in October 2023, the government released \$3.8 million for senior center projects to be used for nutritional and senior center projects in West Virginia.

"The grant was in responses to reduced COVID-19 funds. We applied and received \$77,000 and purchased the second truck from

Scott Ford in Kingwood. We had it customized and converted it into a hot/cold truck," she said.

Turner said delivering a meal to a senior citizen is not the only benefit these visits provide.

"Home-delivered meals are more than a meal. The visit also provides a safety check for seniors. The delivery driver may be the only person the senior sees that day," she said.

Senior centers are located in Kingwood, Newburg, North Preston, Rowlesburg, Terra Alta, Tunnelton and Masontown (Valley District).

"Preston County seniors are invited to visit

our center daily to enjoy a hot lunch and participate in a variety of fun activities and opportunities for socialization," according to preston seniors.org. "We also offer a wide range of in-home care programs to promote health and independence and provide respite services for caregivers. In addition, our centers are access hubs for valuable information about choosing the right health insurance, money-saving programs for seniors, and employment opportunities for older adults."

For more information about home-delivered meals or other services provided by the Preston County Senior Citizens call 304-329-0464 or 800-661-7556. Information can also be found at preston seniors.org.



Submitted photo.

Left to right: Transit Manager Tremayne Brown, Executive Director-in-Training Tina Turner, and driver Karen Stone stand in front of the new home-delivery food truck.



Submitted photo.

Each of the 14 hot shelves inside the home-delivery meal truck hold 15 meals.

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How nutritional needs change with age

Metro Creative Connection

Healthy eating is important at any age and can set the course for a life of vitality and wellness. Sufficient nutrition can help prevent chronic illnesses and make sure that growing bodies develop properly. As one ages, various changes take place in the body, making healthy eating even more essential.

According to Healthline, nutritional deficiencies can effect aging individuals, which can decrease quality of life and lead to poor health outcomes. Individuals should pay attention to their vitamin and mineral intake at various ages so they do not miss out on important nutrients. As a person ages, here are some approaches to consider.

■ **Consume fewer calories:** According to Connie Bales, PhD, RD, associate director of the Geriatric Research, Education, and Clinical Center at Durham VA Medical Center, people need fewer calories every decade. That's because individuals are moving around less and have less muscle. This causes a decline in metabolic rate.

■ **Include more nutrient-dense foods:** Even though caloric needs go down with age, it's important to pack as much nutrition into the calories a person does consume. That means finding nutrient-rich foods like whole grains, fruits, nuts, beans, vegetables, fish, and lean cuts of meat.

■ **Consume more lean protein:** Muscle loss and loss of strength can develop as a person ages. Healthline says the average adult loses 3 to 8 percent of their muscle mass each decade after age 30. Eating more protein could help aging bodies maintain muscle.

■ **Eat fortified cereals and grains:** The ability to absorb vitamin B12 can decrease as one gets older and with the use of certain medicines. Many health professionals recommend patients get more vitamin B12 by consuming foods enriched with this vitamin. Vitamin supplements may be needed in addition to food.

■ **Drink more fluids:** Health.com says sensation of thirst declines with age. Drinking water and other fluids becomes a priority to stay hydrated. It also helps with digestion.

■ **Prioritize bone health:** Osteoporosis is a concern for older adults, particularly women who have reached menopause. Osteoporosis occurs when bones become brittle and can break from only the slightest bump or fall, says the Mayo Clinic. Vitamin D and calcium help strengthen bones, and older adults may need more of these nutrients.

Individuals should speak with their health care providers and nutritionists for further insight into their changing nutritional needs. Such professionals can help customize diets to address specific health concerns.

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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.



Assisted Living
at Evergreen
in Morgantown, WV

Senior Monongalians events and activities

TRANSPORTATION PROGRAM

Senior Monongalians is proud to announce the addition of a new transportation program. This program focuses on older adults who don't have access to transportation or live off of a Mountain Line bus route. Seniors will be picked up at their home and brought to our senior center. Once they arrive, they can participate in a range of activities, socialize with others, have a delicious lunch, and much more. Then they will receive a ride back to their home.

Our current vehicle can transport three seniors. Additional routes will be added as the program grows. Riders must be or become registered clients of Senior Monongalians. Seniors must reserve their ride the day before they want to come in. This call must be received by 3:30 p.m. For more information regarding the eligibility of this program or to schedule a ride, call 304-296-9812.

SENIOR PANTRY PROGRAM and SENIOR PAWS

Grabbing odds and ends at the grocery store or placing an order over the Internet is just a normal part of the day for most of us. Although for our home-bound clients getting groceries, household items, personal care necessities, or pet food at the drop of a hat is usually impossible. Want to reach out a helping hand to these seniors? Senior Monongalians has opened the Senior Pantry Program and Senior Paws.

How does the pantry and Senior Paws work? When a home-bound client has a need for a non-perishable item, hygiene, or even pet care items, they can fill out a request form and give it to their HDM driver. Once the item is obtained, it will be delivered to the client by their meal delivery driver. The goal is to be able to fill the request within a couple days. This is an on-going program.

We need your help gathering pantry items. Those who would like to help can purchase needed items. Monetary donations are also greatly appreciated. Please specify that monetary donations are for the Senior Pantry Program. Feel free to call the office at 304-296-9812 for a list of most needed items.

INDOOR DINING - LUNCH

Seniors are invited to join us for a delicious and nutritious lunch in our lunchroom. 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. 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. If you are interested in our nutrition program, please call us in advance of your first visit. 304-296-9812

HOME DELIVERED MEALS PROGRAM

The goal of our Home Delivered Meals Program is to provide a nutritious meal to seniors who are homebound. Drivers also perform a "well check" as they speak to meal recipients. Deliveries will take place Tuesday through Friday. Clients will receive a hot meal on each of these days. A cold meal will be included on Fridays to be used for the following Monday. This will ensure that clients will have a meal during the work week.

Who is eligible to receive meals? Monongalia County residents at least 60 years of age or older and meet other requirements. This service can be used on a long-term or a temporary basis. The HDM program is a donation-based service. Currently, the HDM program is on a waitlist. As clients discontinue meal delivery, those on the waitlist will be contacted. If you are interested in the home delivered program, call 304-296-9812.

DAILY ACTIVITIES SCHEDULE - Subject to change without notice

POOL TABLES - Monday 8 - 9:45 a.m., 12:30 - 3:45 p.m.; Tuesday, Thursday and Friday 12:30 - 3:45 p.m.; Wednesday 8 - 9:45 a.m., 12:30 - 1:45 p.m.

COMPUTER LAB - Monday through Friday 8 a.m. - 3:45 p.m. • Must sign consent form.

DOMINOES - Tuesday and Thursday Noon - 3 p.m. • Nutrition Room

MAHJONG - Monday and Wednesday 12:30 - 3:45 p.m. • Nutrition Room

SPONSORED BINGO - Every Friday 10 - 11 a.m.

EXERCISE ROOM - UNLESS RESERVED - Must sign a release form • Monday, Wednesday 8 - 11 a.m.; Tuesday 1 - 3:45 p.m.; Wednesday 8 a.m. - 3:45 p.m.; Thursday 1 - 3:45 p.m.; Friday 8 a.m. - 3:45 p.m.

VITAL SIGNS CLINIC - Wednesday 10 - 11 a.m. • Nutrition Room

One of our registered nurses will be available to check your blood pressure, pulse and weight. These levels are recorded for your convenience to share with your doctor or for your personal monitoring.

GROUP EXERCISE CLASS - Tuesday and Thursday 10 - 11 a.m.

This class focuses on range of motion, flexibility, and balance exercises that can be done standing up or sitting in a chair. Please bring your own weights, ball and stretch strap.

CHAIR EXERCISE - 2nd Wednesday of the month at 10:30 a.m.

Nathan will lead this group. It includes exercises to promote balance, coordination, flexibility, and overall good health while seated in a chair.

FOOT CARE CLINIC - 3rd Friday of every month from 9:00 a.m. to 1:00 p.m.

Anita from Mountaineer Sole Care offers a monthly foot care clinic. During the 30 minute sessions, she will clean your feet, cut your toe nails, check for corns and calluses, and give your feet a massage. This service is \$35. Make your appointments by calling 304-368-8924.

BINGOCIZE - Monday and Wednesdays 10 to 11:00 a.m.

Enjoy a mix of the fun of bingo and exercise. This is an interactive group where you will learn about balance, fall prevention, and much more.

****NEW** TAI CHI CLASS - STARTING THURSDAY, MARCH 7th** - Thursdays 12:30 - 1:30 p.m.

Ryan will lead this class that uses slow easy movements to help maintain or improve your balance, range of motion, ease arthritis effects, and more. These exercises can be done either standing or sitting.



Senior Monongalians events and activities

(continued)

UPCOMING EVENTS & SPEAKERS

FRIDAY, MARCH 1 at 10 a.m. - BINGO WITH RENAISSANCE CARE - Alex with Renaissance Care will lead a few games of bingo and will award prizes to the winners. Bring a friend to add to the fun.

THURSDAY, MARCH 7 from 12:30 - 1:30 p.m. - **NEW TAI CHI CLASS** - Tai Chi is an ancient form of exercise that uses slow, easy movements. The exercises can be done seated or standing and do not require prior experience. By adding this class into your fitness routine, you may improve or maintain your balance, stability, range of motion, overall well being, and much more. This 16-week program is endorsed by the Arthritis Foundation and is free to older adults. Starting on March 7th, classes will be held each Thursday from 12:30 to 1:30 p.m.

FRIDAY, MARCH 8 at 10 a.m. - BINGO WITH VILLAGE CAREGIVING - Toni from Village Caregiving will lead a few games of bingo and award prizes to the winners. Bring a friend along to add to the fun.

FRIDAY, MARCH 15 from 9 a.m. to 1 p.m. - FOOTCARE CLINIC - Anita from Mountaineer Sole Care will offer footcare services. Services include: cleansing your feet, cutting the toe nails, a foot massage, evaluation and care of corns and calluses. Appointments are 30 minutes long. The fee is \$35. Make your appointment by calling Anita at 304-368-8924.

FRIDAY, FEB. 16 at 10 a.m. - BINGO WITH MORGANTOWN HEALTHCARE CENTER - Melody from Morgantown Healthcare Center will lead a few games of bingo and award prizes to the winners. Bring a friend to add to the fun.

TUESDAY, MARCH 26 at 10:30 a.m. - CLEAR MOUNTAIN BANK PRESENTATION - Kim from Clear Mountain Bank will discuss how to be money literate as you age.

THURSDAY, MARCH 28 - EASTER CELEBRATION - We invite you to join us for our annual Easter Celebration. Keep watching the Senior News and our Facebook page for more information. Let us know you will be joining us by calling 304-296-9812.

FRIDAY, MARCH 29 - CLOSED FOR GOOD FRIDAY

FREE TAX ASSISTANCE

Each year, AARP provides trained and certified volunteer tax preparers to assist older adults fill out their tax returns and senior tax credit forms. The filings are done electronically. Appointments are required. Make your appointment beginning February 1st by calling 701-645-3109.

MOUNTAINEER FOOD BOX DISTRIBUTION

With the rise in the cost of everything, many of us find that our pantries are a little more empty than it used to be. Would having an extra bit of food really help get you through the month? Senior Monongalians and the Mountaineer Food Bank are working together to help older adults facing food insecurity by providing food boxes. These food boxes are available to Monongalia County residents aged 60 years of age or older who meet the household income guidelines. Participants will have the chance to receive one or two food boxes per month. If you would like more information or would like to see if you qualify to receive a food box, call 304-296-9812 or stop by Senior Monongalians.

WAYS TO CONTACT OR FOLLOW SENIOR MONONGALIANS

WEBSITE: www.seniormons.org

FACEBOOK: Senior Monongalians

PHONE: 304-296-9812

LOCATION: Mountaineer Mall

MAILING ADDRESS: P.O. Box 653, Morgantown, WV 26507

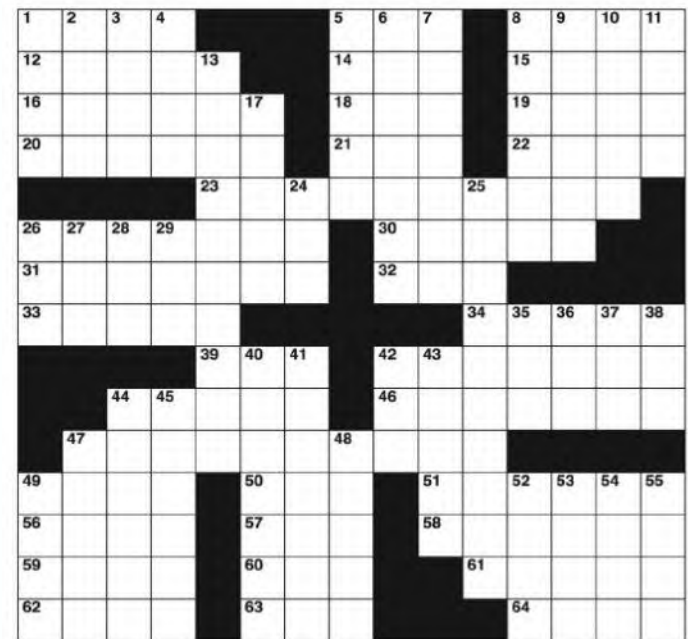
EMAIL QUESTIONS TO: info@seniormons.org

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. 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.



CLUES ACROSS

1. Home of Iowa State University
5. ___-fi (slang)
8. Mottled green and yellow fruit
12. Capable of thinking and expressing oneself clearly
14. Sports broadcaster Eagle
15. Midday
16. Kinsmen
18. Cable network
19. Simpleton
20. Brunch beverage
21. Fed
22. European capital
23. Native inhabitants
26. Mechanical device
30. Rare geese native to Hawaii
31. Bedroom furnishing
32. The products of human creativity
33. Mass transit option
34. Made a mistake
39. Sacred sound symbol
42. Large N. American reindeer
44. Dull and flat
46. Partner to huffing
47. Written works
49. Monetary unit of Serbia
50. Midway between east and southeast
51. Peninsula of southwestern Asia
56. Widely used multiuser OS
57. Aggressive dog
58. Varnished
59. Hindu queen
60. Time units, abbr.
61. Farm animals
62. Capital of Latvia
63. Where golfers begin
64. Takes to civil court

CLUES DOWN

1. One who graduated
2. An inspired holy person
3. Electronic counter-countermeasures
4. A place to store things
5. Indian instrument
6. Spanish saloon
7. Whole number
8. Not fastened
9. Gives a boost
10. Lounges about
11. Interested in
13. Remove salt
17. Type of sword
24. Naturally occurring solid material
25. Gets involved without being invited
26. Feline
27. Bobby ___, NHL champ
28. "Kill Bill" actress Thurman
29. Hawaiian dish
35. Moroccan coastal region
36. Baseball statistic
37. Long period of time
38. Moved earth
40. Central Netherlands city
41. Take stock of
42. Central processing unit
43. Distinctive qualities one generates
44. Getting stuck
45. Loss of bodily movements
47. Veranda
48. Abrupt
49. What cats do
52. Expresses pleasure
53. Type of cheese
54. Professional STEM organization
55. Automatic data processing systems

Solution on page 11.



Overwhelmed, overwrought, we seek a safe harbor



BY IRENE MARINELLI
for The Dominion Post

"Safe harbor is a state of mind."
~ Louanne Rice

When William Wordsworth wrote, "The world is too much with us," he was right on target. He wrote his sonnets in the 1800s, a simpler time when the world was less harried. We have to wonder how that English poet would have viewed the modern world in which we live. These days it's not difficult to become overwhelmed with duties, commitments. There are days ... too many of them ... when things don't go as planned. If we are feeling put-upon we may become agitated and angry. Even the newscasts we watch daily can bring on that sinking feeling that the world is whirling into chaos. We want to be, and

should be, informed. Yet, the suffering throughout our planet can become a painful thorn that pierces the mind and wounds the heart. Like a sailboat on rough seas, our peace of mind can be rocked and blown by harsh winds of reality. Sometimes we need our own safe harbor.

Each of us conceives of this safe harbor in a different way. It is a state of mind as well as a physical place. That place of peace could be a quiet room or out in nature. It can be on a beach with the hypnotic song of the waves. It can be a park bench or a table in a tea room. It can be anywhere we find peaceful quiet. We might find it in the comfort of our own soft bed as we begin to drift off to sleep. This place of peace and contemplation would probably be a place of solitude for most. It definitely would be for me. However, it could also be found with another person,

a close companion who would listen quietly and share some insights. A safe harbor is set apart from our busy, noisy everyday lives. It welcomes us to enjoy quiet contemplation, to reflect on the past and present without judgement; perhaps even to gain some wisdom and a new perspective. This safe harbor can sustain us when life rises like a high tide and we fear we may be swept away, pulled under by the riptides of life.

A safe harbor is a good place to look beyond ourselves, beyond the human realm to the spiritual world and the marvelous creation that is the earth in all its beauty and majesty. In nature there is solace; there is harmony, as well as a rough and harsh and necessary reality. Here, among the beauty that grows so naturally without the help of man, we can let go of judgement. Here, with perfection all around us, we can let go of our own

demanding perfectionism. The poet Wordsworth goes on to write, "The world is too much with us; late and soon; Getting and spending, we lay waste our powers. Little we see in Nature that is ours."

We all need some time out of time. We need time for self-reflection. We need time to reflect on how we spend our days, reflect on our past, on who we were and on the person we have become in our elder years. No censure or judgement or condemnation allowed. We all could benefit by finding a place and a time to just be. In our safe harbor we can find time to get to know ourselves again. A very wise man, Lao Tzu by name, once wrote, "Knowing others is intelligence. Knowing yourself is true wisdom."

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

Moderate-intensity activities that can improve overall health

Metro Creative Connection

Exercise is an important component of a healthy lifestyle. The current Physical Activity Guidelines for Americans from the U.S. Department of Health and Human Services indicates adults need 150 minutes of moderate-intensity physical activity each week. But what constitutes moderate-intensity physical activity?

Moderate-intensity physical activity gets the heart pumping, but only around one in five adults and teens get enough exercise to maintain good health, says the American Heart Association. It may be because people are having difficulty figuring out what constitutes moderate-intensity activity. Here is a more detailed explanation of the types of activities considered moderate-intensity.

- Walking very briskly (roughly four miles per hour)
- Heavy cleaning, like washing windows, vacuuming and

- mopping
- Mowing the lawn with a power mower
- Bicycling with light effort (10 to 12 miles per hour)
- Playing recreational badminton
- Playing doubles tennis
- Slow dancing
- Shooting a basketball
- Water aerobics
- Playing volleyball
- Heavy gardening
- Painting and decorating

Anything that doesn't increase heart rate and breathing speed will not count as moderate-intensity activity towards the recommended amount of activity. However, any exercise is better than no exercise at all. As long as an activity breaks up long periods of sitting still, doctors says it is still beneficial.



PUZZLE SOLUTION

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

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

TOTAL ANKLE REPLACEMENT

If ankle arthritis makes walking, exercise, or climbing stairs unbearable, it's time to consider your treatment options.

Ankle replacement surgery can relieve ankle pain and restore motion when nonsurgical treatments aren't effective. WVU Medicine's fellowship trained foot and ankle surgeons routinely perform ankle surgeries, as well as revisions from ankle fusion to ankle replacement.