

Senior Post

Living well and gracefully through the golden years

**Dan
Loughrie**

*From
construction
worker to
sheriff*



MAY 2024
A MONTHLY MAGAZINE BY

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On the cover: Dan Loughrie with his dog Dawson. Submitted photo.



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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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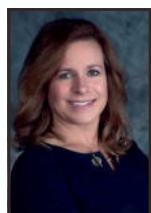
The Village
at Heritage Point

Mon Vandalia Health

Tips on creating an estate plan that benefits a child with special needs



BY DOREEN SEAMON
for The Dominion Post



Parents want their children to be taken care of after they die. But children with disabilities have increased financial and care needs, so ensuring their long-term welfare can be tricky. For the one in five families who care for children with special needs, estate planning is crucial.

The best and most comprehensive option to protect a loved one is to set up a special needs trust (also called a supplemental needs trust). These trusts allow beneficiaries to receive

inheritances, gifts, lawsuit settlements, or other funds and yet not lose their eligibility for certain government programs, such as Medicaid and Supplemental Security Income (SSI). The trusts are drafted so that the funds will not be considered to belong to the beneficiaries in determining their eligibility for public benefits.

There are three basic types of special needs trusts:

■ A first-party trust is designed to hold a beneficiary's own assets. While the beneficiary is living, the funds in the trust are used for the beneficiary's benefit, and when the beneficiary dies, any assets remaining in the trust are used

to reimburse the government for the cost of medical care. These trusts are especially useful for beneficiaries who are receiving Medicaid, SSI or other needs-based benefits and come into large amounts of money, because the trust allows the beneficiaries to retain their benefits while still being able to use their own funds when necessary.

■ The third-party special needs trust is most often used by parents and other family members to assist a person with special needs. These trusts can hold any kind of asset imaginable belonging to the family member or other individual, including a house, stocks and bonds, and other types of investments. The third-party trust functions like a first-party special needs trust in that the assets held in the trust do not affect a beneficiary's access to benefits and the funds can be used to pay for the beneficiary's supplemental needs beyond those covered by government benefits. But a third-party special needs trust does not contain the "payback" provision found in first-party trusts. This means that when the beneficiary with special needs dies, any funds remaining in the trust can pass to other family members, or to charity, without having to be used to reimburse the government.

■ A pooled trust is an alternative to the above standalone trusts. Essentially, a charity sets up these trusts that allow beneficiaries to pool their resources with those of other trust beneficiaries for investment purposes, while

still maintaining separate accounts for each beneficiary's needs.

■ If the source of funds is from the beneficiary (such as the first-party trust above), when the beneficiary dies, the funds remaining in the account reimburse the government for care and usually at least a portion also goes towards the non-profit organization responsible for managing the trust.

■ If the source of funds is from a third party (such as the third-party trust above), when the beneficiary dies, there is no "payback" and any funds remaining in the account can pass to other family members, or to charity, without having to be used to reimburse the government.

The only local pooled trust alternative in West Virginia is the WV PACE Trust Fund which is managed by PACE Enterprises, Inc., a local non-profit that has served West Virginia residents for over 50 years to help people with disabilities find meaningful employment. For more information about the WV PACE Trust Fund go to wvpacetrustfund.com.

However you decide to provide for a child with special needs, proper planning is essential. Talk to your attorney to determine the best plan for your family.

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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Dan Loughrie

From construction worker to sheriff

By Jeniffer Graham for The Dominion Post

Dan Loughrie, 72, was born in Green Valley and graduated from Rowlesburg High School. He said after graduating he was a heavy equipment operator and held a national crane certification.

"Working as part of a construction crew, I gained experience in welding and other aspects of the industry," Loughrie said.

He said among his hobbies that keep him busy are farming and maintaining his property. Loughrie said he and his wife Donna have 140 acres of land they like to spend time exploring.

"I've been an outdoorsman since I was a kid fishing and hunting near Rowlesburg," he said. "I'm most relaxed maintaining my small Seven Islands farm along Cheat River."

"We used to go motorcycling, but now we've been riding the side-by-side," Loughrie said. "We had the motorcycle with us in 45 states"

Traveling, exploring and farming are not the only ways Loughrie spends his time. He and his wife also like to spend time with their children and grandchildren.

He said he and Donna have three grown children and four grandchildren.

"Since none of them live locally, times together aren't frequent," he said. "Those precious times together are making memories that last a lifetime."

Loughrie said he has become more interested in genealogy and wishes he would've listened closer when his grandparents told him old family stories.

He said while working part-time at the Preston County Sheriff's Office, he was inspired to run for sheriff. Once elected, he took office Jan. 1, 2013, and retired from his full-time construction job.

He spent two terms in office, and said he believes his major accomplishment was being able to update and improve both the sheriff and tax offices.

"We were one of the first sheriff's departments in West Virginia to have body cams, and one of the first to have our own forensic laboratory," he said. "We did it all with grants. We put together a drug team and a SAR (Suspicious Activity Report) team, Live Scan for fingerprinting and a dedicated litter control officer."

Donna said her husband still has his K-9 partner, Dawson, who was a narcotics dog and is also retired from the sheriff's department.

"Dawson lives a life of luxury," she said. "He has a bed upstairs and one down"

"I enjoyed my time serving as sheriff," Loughrie said. "I love Preston County and it was an honor to serve and protect."



Dan Loughrie with his wife Donna. Submitted photo.

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Susan D. Brown,
Owner

Changes that could arise from the 'silver tsunami'

Metro Creative Connection

A report from the International Monetary Fund in the summer of 2023 indicated that a new challenge awaits the world in the coming years. The global population increased by one billion people between 2010 and 2022. That remarkable increase saw the world surpass the eight billion people mark in November of 2022.

Despite a sharp increase in the global population in such a short period of time, the IMF asserts that the population boom is not the most formidable demographic challenge facing the world. The IMF defines population aging as the most formidable challenge. Widely referred to as the "silver tsunami," a term credited to

the AARP, the increase in the number of individuals age 65 and older could lead to some unique changes in countries across the globe.

■ **Increased recreation spending:** Sixty-five has traditionally been viewed as retirement age, and that remains an unofficial bar for individuals living in countries like the United States that have increased their official retirement age. Though an uptick in the aging population is often framed in terms of the challenges countries will face, that increase also could present some opportunities. For example, a recent AARP Longevity Economy Outlook report noted that people 50 and older account for the most spending on recreation and culture of any demographic.

That could prove beneficial to businesses and regions that cater to consumers interested in recreation.

■ **Employment opportunities:** The AARP also noted the role the 50 and older population plays in supporting jobs. In 2020, the demographic of people 50 and older supported roughly one-third of the world's jobs and generated \$23 trillion in labor income with its spending on goods and services. Estimates from the AARP indicate that individuals age 50 and older will support 1.5 billion jobs across the globe by 2050. The labor income impact by then will more than double to \$53 billion.

■ **Employment challenges:** Though the silver tsunami could help to maintain

existing jobs and create plenty of new ones, employers might find it difficult to fill those positions. As more of the global population reaches retirement age, it bears noting that more workers will retire. Deloitte and the Manufacturing Institute note that the manufacturing sector will need to fill 2.5 million job openings related to retirements between 2020 and 2030. That could prove a sizable challenge, as the aging population is increasing at a time when the young population is decreasing.

The aging population is increasing, which could lead to a number of opportunities and challenges in the decades to come.



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.

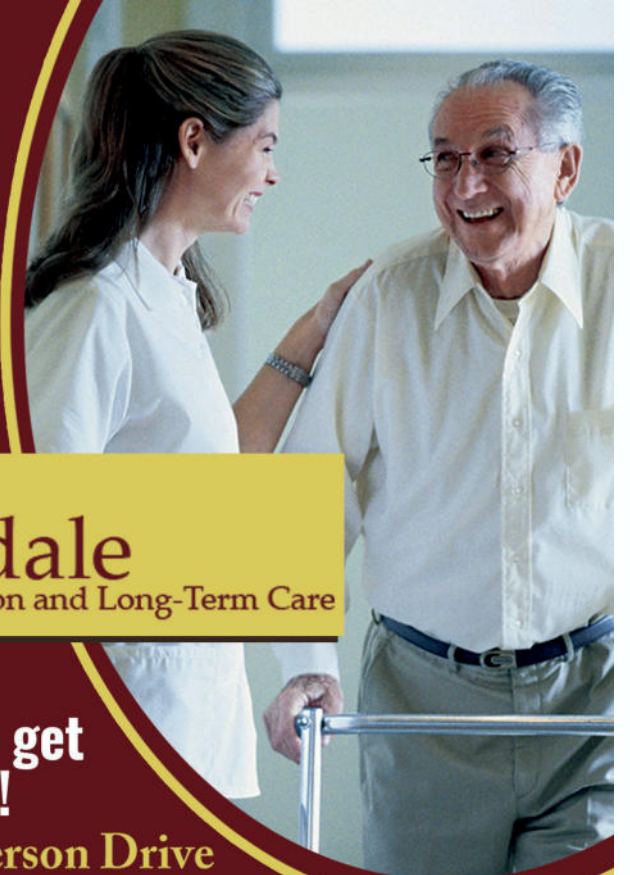
Assisted Living at Evergreen

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.



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Senior Monongalians events and activities

TRANSPORTATION PROGRAM

Senior Monongalians' transportation 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 in seats with room for a wheelchair. 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 Tuesday 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 a.m. to 1 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 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.

TAI CHI CLASS - 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.

UPCOMING EVENTS & SPEAKERS

FRIDAY, MAY 3 at 10 a.m. - BINGO WITH RENAISSANCE CARE - Alex from Renaissance Care will lead a few games of bingo and award prizes to the winners. Bring a friend or two to add to the fun.

****STARTING FRIDAY, MAY 3** - 50/50 COVER ALL BINGO GAME** - Starting in May, we will start playing a 50/50 "cover all" game at the end of each sponsored bingo. It is \$2 to play this game. One bingo card per person. Fifty percent of the total entry fees will benefit the programs and services offered by Senior Monongalians. The other 50% will comprise the prize pot for the game. If there are multiple winners the prize pot will be split equally. We can't wait to see you there. Thank you for supporting Senior Monongalians.



Senior Monongalians events and activities (continued)

UPCOMING EVENTS & SPEAKERS (continued)

TUESDAY, MAY 7 at 10:30 a.m. - ALZHEIMER'S ASSOCIATION DISCUSSION - Christina from the Alzheimer's Association will discuss a topic facing families and caregivers dealing with Alzheimer's Disease.

THURSDAY, MAY 9 from 10:30 a.m. - 12:30 p.m. - MOTHER'S DAY CELEBRATION - You're invited to join us for our annual Mother's Day celebration. Pull out your blue suede shoes and get ready to dance to some of Elvis' biggest hits. Lee Dean will perform "Elvis Through the Decades." Let us know that you are coming by calling 304-296-9812.

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

TUESDAY, MAY 14 at 10:30 a.m. - CHAIR EXERCISE WITH NATHAN - Nathan from Personal Touch will lead this session of exercises that are done while sitting in a chair. This class is great for older adults of all abilities.

FRIDAY, MAY 17 from 9 a.m. - 1 p.m. - FOOTCARE CLINIC - Anita from Mountaineer Sole Care will offer foot care 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, MAY 17 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, MAY 21 at 10:30 a.m. - PHARMACY SCHOOL DISCUSSION - A student from WVU's School of Pharmacy will discuss a topic related to aging well.

FRIDAY, MAY 24 at 10 a.m. - SPONSORED BINGO - Enjoy a few games of bingo with a chance to win a prize or two.

MONDAY, MAY 27 - CLOSED FOR MEMORIAL DAY

TUESDAY, MAY 28 at 10:30 a.m. - THE BENEFITS OF AQUATIC THERAPY AND EXERCISE - A physical therapist from Healthworks will discuss the benefits of adding aquatic therapy and/or exercise into your routine.

FRIDAY, MAY 31 at 10 a.m. - SPONSORED BINGO - Enjoy a few games of bingo with a chance to win a prize or two.

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

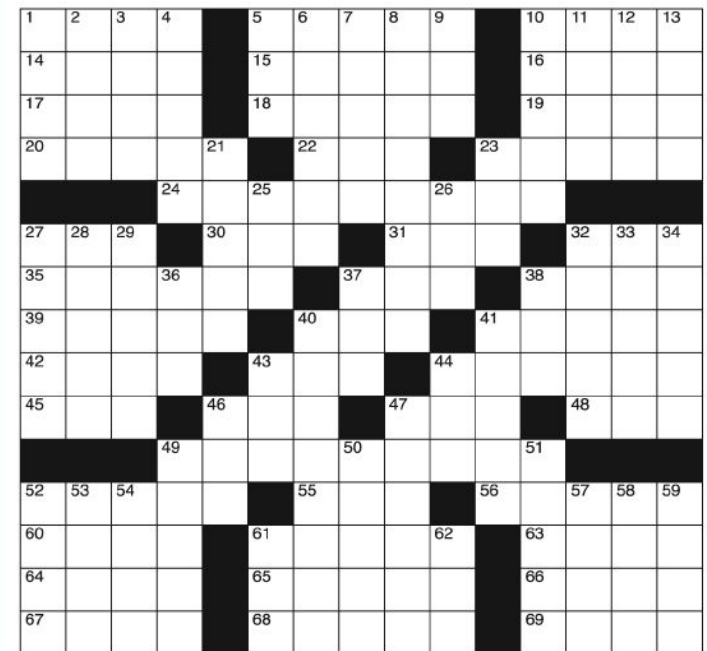
EMAIL QUESTIONS TO: info@seniormons.org

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. Excessively theatrical actors | 41. Slang for sergeant |
| 5. Footwear | 42. Canadian flyers |
| 10. A way to disfigure | 43. Actress Ryan |
| 14. Exchange rate | 44. Highly unpleasant vapor |
| 15. Hawaiian wreaths | 45. Body part |
| 16. North-central Indian city | 46. Halfway |
| 17. Bungle | 47. Cool! |
| 18. Extremely angry | 48. Consume |
| 19. A short note of what's owed | 49. Salts |
| 20. Criminal organization | 52. Upper bract of a floret of grass |
| 22. Mimic | 55. Housepet |
| 23. Try to grab | 56. Cavalry-sword |
| 24. U.S.-born individuals | 60. Symbol of a nation |
| 27. Some are covert | 61. Frocks |
| 30. Order of the British Empire | 63. Used to carry food |
| 31. Don't know when yet | 64. Portuguese folk song |
| 32. Payment (abbr.) | 65. Sharp mountain ridge |
| 35. Winged angelic being | 66. Ireland |
| 37. Variety of Chinese | 67. Where golfers begin |
| 38. A way to be anxious | 68. Greek mythological sorceress |
| 39. Famed wrestler Hulk | 69. Fluid suspensions |
| 40. Partner to cheese | |

CLUES DOWN

- | | |
|---------------------------------------|--|
| 1. "Mad Men" leading man | 33. Hot fluid below the earth's surface |
| 2. Water (Spanish) | 34. Partner to trick |
| 3. Annoy | 36. British Air Aces |
| 4. Bulgarian capital | 37. Ammunition |
| 5. Japanese title | 38. Supervises flying |
| 6. Capital of Zimbabwe | 40. Health care for the aged |
| 7. Giraffe | 41. Flanks |
| 8. A mixture of substances | 43. Millimeters |
| 9. Midway between south and southeast | 44. Where wrestlers perform |
| 10. Staffs | 46. Not around |
| 11. Turkish title | 47. Flightless bird |
| 12. Type of acid | 49. Bell-shaped flowers of the lily family |
| 13. Thin, flat strip of wood | 50. Expressed concern for |
| 21. Russian river | 51. Satisfies |
| 23. Ribonucleic acid | 52. Flew off! |
| 25. Partner to flow | 53. Wings |
| 26. Airborne (abbr.) | 54. Load a ship |
| 27. Earthy pigment | 57. Vigor |
| 28. Genus of earless seals | 58. British title |
| 29. "Key to the Highway" bluesman | 59. Whiskey |
| 32. By or in itself | 61. ___ Adams: founding father |
| | 62. Body of water |

Solution on page 11.



Freedom comes as we ascend into aging



BY IRENE MARINELLI
for The Dominion Post

"Do not grow old, no matter how long you live. Never cease to stand like curious children before the great mystery into which we were born".

~ Albert Einstein

How very fortunate we are to live in a country that holds freedom in high respect. I often think of the people who populate this blue planet and I am amazed and saddened to know how many live under the iron hammer of dictatorship. Our freedom is a precious commodity, never to be taken for granted. There is another kind of freedom, one we can all share as we age, if we seek to recognize it.

There are multiple ways we can free ourselves from the struggles that defined our youth and middle years. Hopefully, as we age we find ourselves embracing new outlooks, possibilities, values and perspectives. For one thing, we no longer care as much about the opinions others have of us. Where once we struggled to please and appease parents, teachers, employers and that crowd of "others", we can and should focus on pleasing ourselves more. That's not to say we should make a drastic about-face, become completely self-centered. Instead, we might think about our own talents, abilities, strengths, appreciate them and use them to involve ourselves in things we enjoy. In our youth much was expected of us from many quarters. We sometimes felt smothered, wondering if we could ever meet everyone's expectations. Doubts about our own abilities, anxiety about how people perceived us crept in, no matter how hard we tried to reach the mark. Now all that is behind us. We are free to be completely ourselves. We are free to simply be.

Aging has gifted us with another freedom, a precious gift of time. Unless we have a scheduled appointment we have no need for an alarm clock. We need not keep glancing at our watch through the day to make sure time hasn't gotten away from us. If we've been careful not to over-commit ourselves, we can wake up most mornings, lie in bed for a while to think about our day. We can use that mental list of possibilities to plan a day that fits our mood and inclinations.

Letting go of some things as we age brings yet another special kind of freedom. Most of us have experienced some form of unhappiness, pain, devaluation in those often hectic, at times confusing, earlier years. Now, in our seventh decade and beyond, we can let go of those hurts, those long-held grudges. Hopefully, age has gifted us with wisdom and we can now understand the importance of forgiveness, the healing power of letting go. Putting down those burdens frees us to live a more purposeful, contented life for our remaining years.

Are there things we miss from the days of our youth? Of course there are! We might miss that fresh, unwrinkled countenance that looked back at us from the mirror. Perhaps we miss luxurious, shining hair, the strength and physical endurance we once had. We may miss that feeling of a long life ahead of us, like a bright ribbon stretching out to the horizon. Possibilities seemed endless then. We had only to choose from the multitude of prospects. We may remember that feeling of our first love; that incredible starburst of joy, desire, enchantment. Love does not leave us as we age, but it exchanges its gossamer, golden cloak for a warmer, more serene garment. Would we exchange our elder years for youth? Probably not, unless we could take along the lessons our long life has taught us and the wisdom we've been granted.

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



How families can share caregiving responsibilities

Metro Creative Connection

Family caregivers are unsung heroes. Such individuals typically provide vital services to their loved ones who cannot fully care for themselves, and they often do so without compensation.

Data from the U.S. Bureau of Labor Statistics indicates the prevalence of family caregivers across the country. According to the BLS, 14% of the population, which equates to roughly 37 million people, provide unpaid eldercare across the nation. Unpaid caregivers also provide vital services in Canada, where the Canadian Institute for Health Information reports such individuals provide an average of 17 hours of unpaid care each week (26 hours for those who care for seniors with dementia). Caregiving for a family member can take a toll that affects caregivers' physical and mental health. According to the Centers for Disease Control and Prevention, caregivers are at increased risk for developing multiple chronic diseases since many neglect their own health needs while caring for others. In addition, roughly 15% of caregivers who

participated in a CDC survey reported experiencing 14 or more mentally unhealthy days in the past month.

The physical and mental toll of caregiving underscores how important it can be for families to find ways to share caregiving duties. Though each situation is unique, the National Institute on Aging offers the following advice to families as they seek to share the responsibility of caring for a loved one in need.

■ **Identify the care required.** The NIA recommends families discuss caregiving needs as early as possible and ideally before an emergency situation arises. If possible, the person in need can participate in this conversation and help to calmly discuss which services are wanted and needed. If a loved one is diagnosed with a condition in its early stages, such as dementia, families can then work together to identify the level of care required in the immediate future and potentially down the road should the condition worsen.

■ **Choose a primary caregiver.** The pri-

mary caregiver will be the individual who accepts the bulk of the daily responsibilities of caregiving. Identifying this person early, ideally before a primary caregiver is even needed, can limit confusion should the day come when the individual needs daily care.

■ **Determine each caregiver's contribution.** The caregiving team can discuss each person's skills and how they can be used to take care of the individual in need. This can be particularly useful when assigning specific tasks. For example, a caregiver who works in the medical field may be most qualified to speak to medical staff about their loved one's condition, while another who works in the financial sector may be tasked with managing a loved one's bank accounts and ensuring bills are paid on time.

■ **Recognize everyone has limits.** A caregiving team is just that: a team. As noted, caregiving can take both a physical and emotional toll, so it's important that everyone, and particularly the individual chosen as the primary caregiver, receive routine breaks to ensure everyone can take care of themselves. It's important that a caregiving team maintain a degree of flexibility to account for the physical and mental challenges caregivers may encounter as they tend to a loved one in need.

Sharing the responsibility of caregiving can ensure caregivers and their loved ones in need are not overwhelmed by the challenges they might confront each day. More information about caregiving can be found at nia.nih.gov.

PUZZLE SOLUTION

H	A	M	S		S	H	O	E	S		M	A	U	L
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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



GERIATRIC CARE

Aging sometimes means an increased potential for illness and health issues. At WVU Medicine, our caring team of board-certified geriatricians provides high-quality care for **adults aged 60 and up**.

With our team approach to senior health, we'll work with you and your family or caregivers to prevent, diagnose, and treat diseases and possible disability that may occur with aging.

For an appointment:
855-WVU-CARE



WVUMedicine.org/Geriatrics