

Senior Post

Living well and gracefully through the golden years

Mini stroke vs. stroke

JULY 2024

A MONTHLY MAGAZINE BY

THE DOMINION
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Senior Post

Living well and gracefully through the golden years

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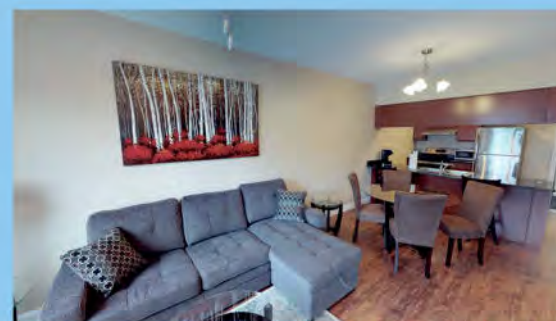
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Westside Senior Center

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North Preston Senior Center

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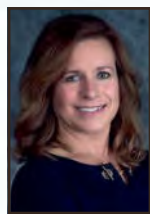
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Do you need an elder law attorney?



BY DOREEN SEAMON
for The Dominion Post

Attorneys who practice elder law advocate for seniors and execute legal plans to assist them in living better lives. Their expertise may encompass estate planning, as well as planning for retirement, Social Security, and long-term medical care.

According to the U.S. Census Bureau, about 16% of the population (more than 54 million) are seniors. The number is on track to grow to roughly 98 million by 2060.

The goals of seniors typically include ensuring orderly wealth preservation, asset protection, management, and eventual administration while having flexibility if circumstances change. You should be prepared to discuss financial information and highly personal matters with your elder law attorney.

Individuals often want to prepare for their potential incapacity due to an accident or illness as well as to take steps to ensure their loved ones will inherit their estate. Putting together detailed instructions in advance can help reduce conflicts and minimize taxes and legal expenses.

No matter your estate's size, creating a

comprehensive estate strategy can prove difficult and even emotional. Estate planning is not a "set it and forget it" process. Family needs, laws and regulations are always evolving, making periodic reviews of existing documents with your attorney a vital step in keeping your estate plan current in an ever-changing world.

Although we usually think of a last will and testament as the primary estate plan document, your comprehensive estate plans may include other foundational documents as well such as powers of attorney, trusts, and health care directives. Long-term care planning provisions and specific durable powers of attorney are also crucial. If you have minor children or a loved one with special needs, you can identify a guardian to care for them.

Your estate plan may include retirement housing preferences, long-term care plans, and how to cover those costs. Your attorney can also assist with decisions concerning probate and gift, income, and estate tax matters.

It is best to start your estate plan process while you are still healthy. Working with your attorney in advance enables you to choose people you trust to make future financial and medical decisions on your behalf should you ever become unable to handle your own affairs. The goal is for you to choose who you wish to appoint to support your best interests.

To find an elder law attorney who is a good fit, you'll want to ask some key questions such as how long they have practiced elder law and estate planning, their experience in drafting estate plans, what their fees are, whether your circumstances warrant a trust, what incapacity specific provisions would be in your power of attorney, how long will it take to execute your estate plan, how the attorney will review your legal documents with you, what deed options your state provides, how to plan for long-term care, and whether other employees in their office can assist you in their absence.

Keep in mind that this is not an exhaustive list. For instance, you may have questions related to other areas, such as veterans or disability benefits. Listen to how an elder law attorney frames their answers considering your specific situation. This will help demonstrate their knowledge and what it might be like working with them. Your attorney should be willing to listen and learn about your family's needs and goals. Partner with someone who offers clear communication, options, and ideas that align with your values. Find an elder law attorney near you today.

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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Metro Creative Connection

A stroke occurs when blood supply to a portion of the brain is interrupted, essentially killing brain cells. This damage can change how the brain works, affecting a person's ability to move and speak. It also may change the way the affected person thinks and feels. The United Kingdom-based Stroke Association says the effects of a stroke depend on where it takes place in the brain and how extensive the damage is.

People may be familiar with ischemic stroke, caused by cutting off blood to the brain, as well as a hemorrhagic stroke, which is the result of bleeding in the brain. But a transient ischemic attack, also known as a mini-stroke, may be less understood.

What is a TIA?

Transient ischemic attacks, or mini-strokes, are caused by the same thing as larger strokes, which occur when blood flow leaks or is blocked in the brain. However, in mini strokes, the blood flow interruption or leakage is temporary, and will return to normal spontaneously.

Symptoms

MedicineNet says the majority of mini strokes produce symptoms similar to regular strokes, but they linger only temporarily. These can include, weakness or numbness, difficulty speaking (dysphasia), dizziness, vision changes, tingling, abnormal taste or smells, confusion, loss of balance, and altered consciousness.

Prognosis

Symptoms of TIA tend to last only a few minutes or up to 24 hours, says the Mayo Clinic. Since the symptoms of a mini stroke

and stroke are the same, it is important to seek medical attention in every case. Medical imaging can help determine what caused the mini stroke. If blood clots are present, medicine to prevent those clots may be prescribed. Some people need procedures to remove fatty plaque deposits from arteries that supply blood to the brain.

Although a mini stroke is not as severe as a stroke, it often is an early warning sign that the patient is at risk for a stroke. Roughly one in three people who has a TIA goes on to experience a stroke. Therefore, they should be taken seriously. Fortunately, with treatment, a more dangerous incident often can be avoided.

Recognizing strokes and mini-strokes

The National Stroke Association and other organizations use the acronym FAST to determine if someone is having a stroke.

F: Ask the person to smile, if one side of the FACE droops, it is a warning sign.

A: Ask the person to lift both ARMS. If one arm drifts down or they have difficulty moving it, it's a warning sign.

S: Ask the person to repeat a simple phrase. If SPEECH is slurred or odd, it could be a stroke.

T: If a person develops any of the warning signs, it is TIME to call emergency services and take action.

Mini strokes are similar to strokes, but they are temporary. But mini strokes still warrant medical attention, as they can be a harbinger of larger strokes.

Did you know...



Data from the United States Bureau of Labor Statistics indicates there were roughly 37 million providers of unpaid eldercare across the United States in 2021-22. The majority (59%) of eldercare providers are women, and individuals between the ages of 45 and 64 are the most likely to provide care. Unpaid caregiving also is significant in Canada, where the Canadian Centre for Caregiving Excellence reports Canadians devote 5.7 billion unpaid hours each year to caregiving. In the U.S., data from the BLS indicates that nearly half of all eldercare providers provide care every day (24.3%) or several times per week (24%). Full-time workers who provide eldercare in addition to their responsibilities at work provided an average of 2.65 hours per day of care in 2021-22.

Senior-friendly interior renovations

Metro Creative Connection

Home is where the heart is. That sentiment may be especially true for seniors who have spent decades living in their homes. A lot of hard work goes into home ownership, and seniors who have lived in the same space for a while undoubtedly have countless memories within the walls of their homes.

A lifetime of experiences in a home can make it hard to leave, but many seniors experience diminished mobility as they age. Mobility issues can make it hard for seniors to traverse their homes, but aging homeowners can make various renovations to make a home more accessible.

■ **Revamp entryways and staircases.** A 2020 study of 1,000 adults in the United Kingdom found that 28% of individuals age 65 and older who don't exercise regularly struggle with activities like walking up stairs. The study, commissioned by Total Fitness, also found that 14% of men and women over 65 who regularly engage in moderate exercise still find it challenging to climb up and down a flight of stairs. Seniors facing similar

challenges can install a ramp at their home's entryway so they can comfortably go in and out. Inside, a chair lift can ensure seniors are not struggling to move from one floor to another.

■ **Raise the outlets throughout the home.** They're easily overlooked, but outlets, particularly those outside the kitchen, tend to be close to the floor. AARP notes that's no accident, as outlets are generally placed at a height equal to the length of a hammer to save time with measuring when buildings are being constructed. Outlets close to the floor can be difficult for seniors with mobility issues to reach. Relocating the outlets a little higher off the floor is not an expensive renovation, but it can make a home more accessible for seniors who have difficulty bending down or getting down on one knee.

■ **Install door knob extensions.** Verywell Health notes that nearly half of all people age 65 and older have arthritis or another rheumatic condition. Arthritis can make it difficult for seniors to grip and turn door knobs. Door knob extensions can make it easier for seniors with arthritis to open the doors in their homes. Such extensions are

roughly five-inch levers that can be installed over an existing door knob, making it easier to grab and pull down. Extensions save seniors the hassle of turning the knob, which some may find painful and almost impossible.

■ **Renovate the bathroom.** Bathroom renovation projects can be costly, but seniors with mobility issues should know that bathrooms can pose a particularly dangerous threat. The Centers for Disease Control and Prevention notes that roughly three million older adults are treated for fall injuries in emergency departments each year. A 2019 analysis published in The Journals of Gerontology noted that 22% of in-home falls resulted in a change in the person's walking ability. Replacing a step-over shower with a zero-step alternative can make it easier for seniors with mobility issues to get in and out of the shower, thus reducing their risk for falls. Grab bars along shower walls and a chair inside the shower can make it easier to bathe and towel off safely.

Seniors with mobility issues can make their homes more accommodating through an assortment of simple, yet effective renovations.



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.

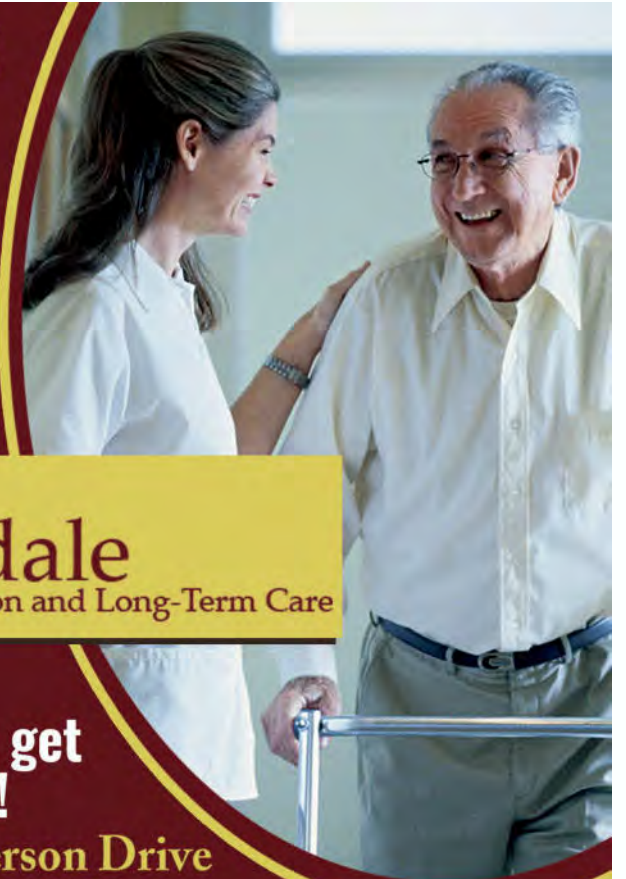
Assisted Living at Evergreen

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.

50/50 COVER ALL CASH BINGO GAME - Fridays 10:45 a.m. • This is a fundraiser for the activities and programs offered by Senior Monongalians. This game is \$2 to play and only one bingo card will be used per person. The total amount collected will be split equally, 50% benefitting Senior Monongalians and 50% becoming the bingo jackpot. If there is more than one good bingo, the winners will split the bingo jackpot. Invite your friends and spread the word.

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 making good decisions regarding your nutrition.

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.





Is marijuana helpful for cataracts?

Metro Creative Connection

Medical marijuana has long been utilized to treat glaucoma. Many people wonder if marijuana can have similar benefits for other eye conditions, namely cataracts.

All About Vision says cataracts form on the lenses of the eyes, which are normally transparent structures that work much like the lens of a camera. After age 40, crystallin proteins in the lens of the eye begin to break down into tiny clumps, eventually clouding the natural transparency. This is known as a cataract. Over time, cataracts can produce foggy, blurred vision, especially in older adults.

The American Academy of Ophthalmology says there is currently no evidence to suggest that use of medical marijuana or CBD products can prevent the formation of cataracts. Medical marijuana is used for glaucoma treatments, but glaucoma is an entirely different condition. It occurs when intraocular pressure in the eye is

very high, and essentially squeezes the optic nerve, causing long-term damage and blind spots. Doctors have determined that THC, the primary active ingredient in marijuana, is a powerful anti-inflammatory that can reduce pressure in the eye. This helps ease symptoms of glaucoma. The medical information resource Veriheal says while preliminary research hints at the potential of medical marijuana to support ocular health, in relation to cataracts, the scientific landscape lacks any conclusive evidence.

There has been some talk that CBD or marijuana might be helpful to treat anxiety, pain and inflammation following cataract surgery. Again, this is something that has yet to be proven, and is best discussed with a doctor. An ophthalmologist may suggest other post-operative options, offers All About Vision.

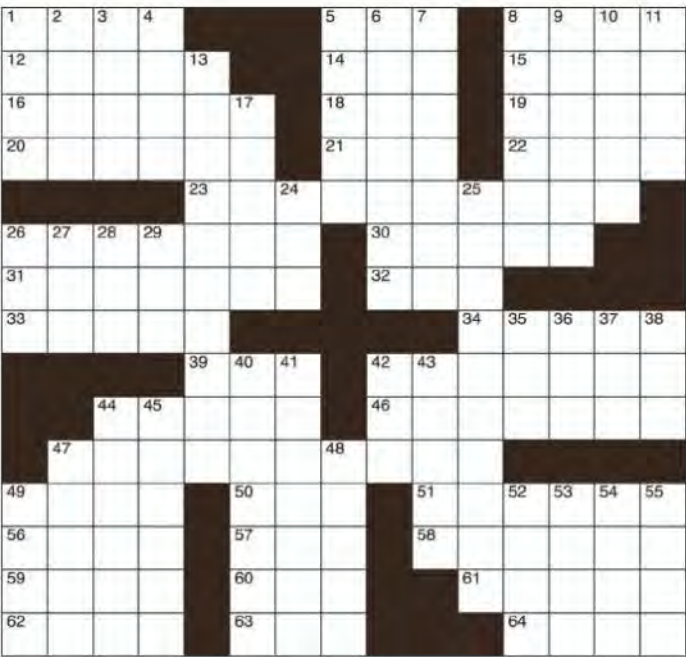
While medical marijuana may have many helpful purposes as an antioxidant and anti-inflammatory, so far there is no evidence to suggest it is an effective treatment for cataracts.



Did you know...

Metro Creative Connection

Golf carts are go-to transportation options for people who live in retirement communities and private residential neighborhoods. Individuals aspiring to call such communities home may be happy to learn that a new golf cart will not cost them nearly as much as a new car or truck. Though golf carts require a sizable financial commitment, the electric off-road recreational vehicle dealers at Kandi America estimate the cost of a new electric cart at between \$12,000 and \$14,000, while gas-powered alternatives may begin around \$4,000 and cost as much as \$10,000 depending on the model, brand and accessories. Though electric golf carts are not maintenance-free, such vehicles generally require less upkeep than gas-powered carts, so the cost of maintenance should be factored in when drivers decide which type of vehicle best suits their needs and budgets.



CLUES ACROSS

1. Volunteer school groups

5. Cash machine

8. Title of various Muslim rulers

12. Indian hand clash cymbals

14. Scarf

15. Easily manageable

16. Cry

18. Financial term

19. Reactive structure in organic chemistry (abbr.)

20. Clean out a riverbed

21. Seaport (abbr.)

22. English seascape painter

23. Bring back again

26. Subtracted from

30. Related on the mother's side

31. Mooches

32. Commotion

33. Boer War general
34. Silklike nylon fabric

39. CNN's founder

42. Sarcastic in a bitter way

44. Minute reproductive unit

46. Nourishment

47. Large predatory tropical fish

49. Small, rich sponge cake

50. Drink a small amount

51. Golfer Rodriguez

56. Norse personification of old age

57. Large flightless bird

58. Capsized

59. Convicted American spy

60. Music genre

61. Makes tractors

62. Undergo cell disintegration

63. Patti Hearst's captors

64. Selfs

CLUES DOWN

1. Post-traumatic stress disorder

2. Goat-like mammal

3. Swiss river

4. Slithered

5. Humiliate

6. Tumbled

7. Popular alcoholic drink

8. Small round hole in a leather cloth

9. Fertilizer

10. State of affairs that seems deliberately contrary

11. Count on

13. One who discriminates against

17. New Hampshire city

24. One who cares for teeth

25. Sent off

26. Mutual savings bank

27. Initial public offering

28. Denial
29. Northeastern institution of higher learning (abbr.)

35. A doctrine

36. Consumed

37. Trent Reznor's band

38. Perform in a movie

40. Schoolhouse implements

41. Mathematical term

42. Man who behaves dishonorably

43. Expression of regret

44. Martens

45. Approval

47. Pleasantly warm

48. The Eurasian hoopoe

49. NBAer Bradley

52. Engineering organization

53. Horsefly

54. Type of sandwich

55. A day in the middle of the month

The importance of maintaining curiosity as we age



BY IRENE MARINELLI
for The Dominion Post

"Curiosity is more important than intelligence"
~ Albert Einstein

That quote by Einstein may seem a bit odd and perhaps exaggerated, but if we think about it, it does make sense. A person can have high intelligence, but if curiosity is absent from the equation the life he or she leads may not be as productive or as satisfactory as it could be. Curiosity can be defined as seeking information due to an internal drive.

Young children are filled to the brim with curiosity. It is the power that drives them to learn about their world. As we age the busyness of life tends to take possession of our time and energy. Curiosity may lose some of its glitter, its power to beckon us into undiscovered realms of thought or action. Of course that does not always happen. We are fortunate if we can keep our curiosity in good form for a lifetime.

Recent studies indicate "Motivation may play a significant role in one's ability to function at a high level in older age." Curiosity and interest are factors in motivation. Curiosity is also linked to our survival as a species. Our first ancestors used their curiosity to find more sources of food, shelter and more ways of protecting themselves. Curiosity is a motivator for learning about the world around us.

Curiosity has two faces. It can help sharpen our minds, bring a sparkle to our lives, but it can also be a wily and dangerous companion. Wisdom must walk hand in hand with curiosity. I remember an incident from many years ago when Rob and I were enjoying an adventure during a Caribbean cruise. A large motor boat took about 30 of us to a sunken ship we were going to explore. We were cautioned to not go to the other side of the sunken wreck, but to stay where the three guides who were with us could keep an eye on us for safety sake. Using our snorkeling gear we dove under water. The sunken ship was huge and we all spread out to explore. It was an amazing experience, like visiting another world! All manner of sea creatures swam in

and out of the wrecked ship. Eventually the guides signaled us to come back to the boat that would return us to the cruise ship.

Back on the motorboat there was an exciting buzz about what people had seen around the sunken ship. The pilot of the motorboat asked if everyone was aboard, then he started the motor. It occurred to me that I did not see Rob anywhere. We had separated when we explored the ship wreck and I assumed he had come back to the boat. I quickly let the pilot know I could not find my husband. He turned off the motor and the three guides jumped into the water to look for Rob. They found him on the other side of the sunken ship, the side we were told not to explore. Although it ended well, his curiosity could have had horrible consequences, leaving him alone in deep water while the motorboat headed back to our cruise ship. Curiosity had lured him away from wisdom into a potentially dangerous situation.

In our sixth decade and beyond we tend to follow wisdom's path more often than not, but as we do so, we still need to keep our curiosity strong. It is a powerful tool for our well being at any age and even a protection against depression. It's important not to stop questioning, to be involved in learning about whatever happens to spark our interest.

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

Tips to save when shopping for your July Fourth barbecue

Metro Creative Connection

Barbecues are part and parcel of July 4 celebrations. Such get-togethers might be even more notable in 2024, when Independence Day falls on a Thursday. That means many people will likely be taking off on Friday, July 5, which adds another day to celebrate with friends and family around the grill this year.

Opportunities to entertain will abound this July, and that can take a toll on hosts' pocketbooks. As the holiday approaches, individuals planning to host a July 4 barbecue can heed these tips to save on food and supplies at the grocery store.

■ Ask guests to bring a side and/or beverages. Hot dogs and hamburgers may garner the bulk of the culinary attention at a July 4 barbecue, but side dishes are necessary as well. When inviting guests, ask each to bring a side dish or dessert. Potato salad, mixed greens, pasta salad, chickpea salad, and other cold fare go well with traditional barbecue favorites, and asking guests to bring these along can save hosts substantial amounts of money. If guests can't bring food, ask them to bring beverages like soft drinks, iced tea, beer, or wine.

■ Shop ahead. Hot dogs, hamburgers, chicken breasts, and other summer grilling favorites can be frozen and thawed out come the day of the barbecue.

Shopping ahead for such items, as well as beverages, can help hosts spread out the cost of hosting, which can make it easier to manage the cost of throwing a party, particularly if the guest list figures to be sizable.

■ Consider less expensive cuts of meat. If steak is on the menu at your Independence Day barbecue, consider purchasing less expensive cuts of meat. The Hearth, Patio & Barbecue Association notes that chuck cuts like flat-iron steaks and petite filets are flavorful cuts that won't cost nearly as much as rib-eyes and New York strip steaks. Hosts also can save on burgers by purchasing ground beef and creating their own patties as opposed to purchasing pre-made hamburgers from their grocer's meat department. The HPBA notes that chicken thighs, legs or quarters also tend to be less expensive than chicken breasts.

■ Grill up healthy fare. Vegetables are less expensive than meat and poultry, and there's many ways to prepare veggies over an open flame. Grilled vegetable skewers are flavorful and popular, and guests might appreciate some nutritious fare to counter all the less healthy items they're accustomed to eating at July 4 barbecues.

There's no shortage of ways to save money when celebrating July 4 in the backyard. This year hosts can celebrate to the fullest without breaking the bank.



PUZZLE SOLUTION

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



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