

Senior Post

Living well and gracefully through the golden years

**Popular
board
games
through
the years**

Page 8

**MARCH 2025
A MONTHLY MAGAZINE BY**

THE DOMINION
Post
dominionpost.com



INSIDE

- 3 - Growing gardening program for Preston seniors
- 4 - Tax scams and tax credits — what a combo!
- 6 - Senior Monongalians offers a host of activities
- 8 - Popular board games through the years
- 9 - Crossword
- 10 - To live a human life on Earth



On the cover: Stock photo.

OPEN A NEW Chapter

Independent & Assisted Senior Living Community



Engaging Activities: Participate in our diverse event calendar, featuring classes, wellness programs, and lifelong learning opportunities.



Wellness Focus: Stay active with our fitness studio and enjoy preventive health screenings and wellness education.



Beautiful Surroundings: From scenic outdoor spaces to cozy indoor spots like our library, you'll always find a peaceful place to unwind.



Supportive Community: Enjoy a warm community filled with friendship, support, and a caring team dedicated to your needs.



Schedule a Tour

(304) 285-5575 Heritage-Point.com



The Village
at Heritage Point



Growing gardening program for Preston seniors



Stock photo

BY JENIFFER GRAHAM
DPNews@DominionPost.com

KINGWOOD — Changes could be coming to the Senior Citizen Centers, according to Tina Turner, Executive Director of the program.

Turner said she is in the beginning stages of working with Kozue Maye, Health Educator with the Preston County Extension Office who was awarded a grant for indoor gardening. She said there is also the possibility of the centers each having an indoor hydroponic system. She said a contractor contacted her and asked if they would be interested in the systems.

"I've contacted the different centers to see if they would like the systems so they can grow leafy greens and micro greens

using a flat tray method," she said. "This would allow us to have fresh greens and herbs year round. I've spoken with two centers so far and they were both interested."

Turner said the Older American Act Funds mandate the centers provide food for seniors and this includes providing so many greens and colors of greens with the meals.

"Next, we are discussing re-opening the high tunnel next to the bus garage," she said. "I was thinking about having the ChalleNGe Academy cadets clean it up for us. The next stage would be testing the soil. Once it's ready, we are going to plant vegetables we can serve her at the center and to home-delivery clients."

A high tunnel is a large cold-frame hoop house or greenhouse which is usually unheated. The sun is used to warm the crops and can be a bonus for those who grow food in colder climates.

Turner said when the Senior Center first obtained the high tunnel Janie Lou White who was the director then would take her dog with her to weed the area. She said the high tunnel was purchased through grants from the Department of Agriculture.

"When she (White) passed away her daughters ask in lieu of flowers to put the high tunnel back in order. It's going to be Janie Lou's Tunnel. She spent a lot of time there. I can't see a better way to honor her than to

bring the tunnel back into fruition and providing produce to the centers," she said.

Other proposed events include possible Tae Kwon Do classes being held at the center.

- The rocker yard sale to be held the bus garage. Donations of items and cash are welcome. Proceeds goes to the Silver Santa Program that supplies gifts to seniors. The date of the event will be announced later.

- On March 10, members of the Preston County Seniors will be going to Charleston for Senior Day at the Legislature.

- The Preston County Senior Citizen Center will be celebrating its 50th anniversary at both the Spring Fling and the Fall Fest this year.

SENIOR CENTERS AND FACILITIES

Monongalia County

Clay-Battelle Senior Center

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

Core Senior Center

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

Senior Monongalians

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

Westside Senior Center

500 Dupont Road, Westover • 304-296-6583



Westside
Senior Center,
Westover

Preston County

Newburg Senior Center

100 Wolfe St., Newburg • 304-892-4662

North Preston Senior Center

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

Preston County Senior Citizens

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

Rowlesburg Senior Center

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

Terra Alta Senior Center

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

Tunnelton Senior Citizens

1266 Senior Drive, Tunnelton • 304-568-2151

Valley District Senior Center

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

Tax scams and tax credits — what a combo!

BY DEB MILLER, JD

Volunteer with WV Senior Legal Aid

As Jean sat at her desk with her 2024 tax paperwork, she remembered the quote, “I believe we should all pay our taxes with a smile. I tried, but they wanted cash.”

It was her goal to file her federal and West Virginia income tax returns online as early as possible.

Jean had read about scammers who swoop in and file a fake return using the unsuspecting person’s name and other information to steal their refund.

Each year, the IRS flags millions of tax returns for potential fraud. That means each return is suspended from processing pending identity verification. The taxpayers are notified that they must complete extra steps before their tax return

can be processed.

At age 74, Jean’s tax priorities were to see whether she qualified for the federal child care and earned income tax credits related to raising her grandson and the West Virginia income tax credits connected to owning her home and the property taxes she paid.

To claim any federal or state tax credit, Jean has to file tax returns, but does not have to itemize any deductions.

She knew the tax credits she was eligible for were like gold. Each dollar of a credit eliminates a dollar of tax (making a credit better than a deduction). Also, some types of tax credits can increase the amount of a refund when one is owed.

Federal law provides a child care tax credit for this type of expense

related to working when earning certain levels of income and raising one or more children under age 13. Learn more at <https://www.irs.gov/taxtopics/tc602>.

The federal earned income tax credit also helps working grandparents who are raising grandchildren of qualifying ages. The amount is tied to the grandparent’s earnings from employment (not government benefits) and the number of dependents. More information is available at <https://www.irs.gov/credits-deductions/individuals/earned-income-tax-credit>.

On her West Virginia taxes, Jean (and other older or disabled homeowners) can benefit from income tax credits that are available based on home ownership and related property taxes.

As part of our state’s property tax system, the Homestead Exemption is available through the county assessor’s office for homeowners who are age 65 or older or are permanently disabled, regardless of income. The \$20,000 exemption, or non-taxable amount, reduces the assessed value and total property taxes owed on owner-occupied residential property each year.

At income tax time, homeowners who previously qualified for the Homestead Exemption may be eligible for the Senior Citizens Tax Credit. The State Tax Department’s Form SCTC-1, sent out in January each year, will list the amount of the tax credit which can be claimed.

There is a specific income requirement for Senior Citizens Tax Credit eligibility which is determined when

calculating the amounts for the West Virginia tax return.

Under WV Code §11-21-23, the Homestead Excess Property Tax Credit has no age restriction but does have an income limitation. The credit, up to \$1,000, applies when a person’s or couple’s residential property taxes exceed 4% of their income.

Additional information on these West Virginia tax credits is available at <https://tax.wv.gov/Individuals/SeniorCitizens/Pages/SeniorCitizensTaxCredit.aspx>.

For free legal assistance with a non-criminal matter, West Virginia residents age 60 or older may contact West Virginia Senior Legal Aid at 800-229-5088 or info@seniorlegalaids.com.

Having trouble with everyday chores?

Call us!



Susan D. Brown,
Owner

- Weekly & Bi-Weekly Services
- 39 Years Experience
- Locally Owned and Operated

Call or Text 304.694.8498

Like us on  /cleaningserviceswv

cleaningservices.com.llc
everydaycleaningservices.us



Did you know?

Snakes feature prominently in the legend of St. Patrick, whose feast is celebrated every year March 17. As the legends go, St. Patrick drove snakes from Ireland. But entomologists and historians note that St. Patrick, who lived the mid-fifth to early-sixth century, likely came along too late to accomplish such a feat, as evidence suggests post-glacial Ireland never had any snakes. Indeed, the ocean was surrounding the Emerald Isle are too cold to enable migration of snakes from other locales, which suggests snakes in the legend of St. Patrick are symbols not meant to represent tiles.





Miracle-Ear®

Disappointed with your mail order or over the counter hearing aids?

Experience the
Miracle-Ear® Difference!

- 75-Year Industry Leader
- FREE Hearing Exam
- FREE Lifetime Local Aftercare
- 30 Day Trial
- 0% Financing Available

304-296-3357

Special Anniversary Offer

Buy One, Get One 75% Off
ANY MODEL

Valid at participating Miracle-Ear® locations. One coupon per purchase. Discount does not apply to prior sales.
See store for limitations on combining coupons. Cash value 1/20 cent. See store for full details.

Free CaptionCall Phone with Professional Evaluation

***See store for full details. miracle-ear.com**



Clint McCandless
Owner/Licensed Specialist



Senior Monongalians offers a host of activities

TRANSPORTATION PROGRAM

Senior Monongalians' transportation program focuses on older adults that 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 brand-new vehicle is wheelchair accessible and can hold several riders. 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 that 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 \$2.00. Lunch is available on a first come, first serve basis.

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

If you are interested in our nutrition program, please call us in advance of your first visit. 304-296-9812

8:00 am – 3:45 pm
Must sign consent form

DOMINOES

Tuesday & Thursday
12:00 pm – 3:00 pm
Nutrition room

MAHJONG

Monday & Wednesday
12:30pm-3:45 pm
Nutrition Room

SPONSORED BINGO

Every Friday
10:00 am – 11:00 am

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: 8:00 am – 11:00 am
Tuesday: 1:00 p.m. – 3:45 p.m.
Wednesday: 8:00 a.m. to 3:45 p.m.
Thursday: 1:00 p.m. – 3:45 p.m.
Friday: 8:00 a.m. – 3:45 p.m.

VITAL SIGNS CLINIC

Thursday
10:00 am – 11:00 am
Nutrition Room

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

GROUP EXERCISE CLASS

Tuesday & Thursday
10:00 a.m. to 11:00 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.

HOME-DELIVERED MEALS PROGRAM

The goal of our Home Delivered Meals Program is to provide a nutritious meal to seniors whom are home bound. Drivers also perform a well check as they speak to meal recipients. Deliveries 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: 8:00 a.m. to 9:45 a.m., 12:30 p.m. to 3:45 p.m.
Tuesday: 12:30 p.m. to 3:45 p.m.
Wednesday: 8:00 a.m. to 9:45 a.m. & 12:30 p.m. to 1:45 p.m.
Thursday: 12:30 p.m. to 3:45 p.m.
Friday: 12:30 p.m. to 3:45 p.m.

COMPUTER LAB

Monday - Friday

**Rebuilding
Strength,
Abilities
& Lives
after serious
illness or injury.**

 **Sundale**
Rehabilitation and Long-Term Care

**Personalized
Rehab Plans to get
you back home!**

Located on **JD Anderson Drive
Morgantown, WV**

For a tour call **304-599-0497** sundalecare.com 



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
9:00 a.m. to 1:00 p.m.
Anita from Mountaineer Sole Care offers a monthly foot care clinic. During the 30 minute session you'll receive, a foot bath, a toe nail trim, an exam for corns and calluses, and a foot massage. This service is \$45. Make your appointments by calling 304-368-8924.

BINGOCIZE

Mondays and Wednesdays
10:00 a.m. to 11:00 a.m.
Combine the fun of bingo with a few exercises to make the morning fly by. These exercises help promote better stability, movement, and fall prevention.

****COMING THIS SPRING******DRUMS ALIVE**

This music filled class will help you get your groove on. Each person will "drum" their way to better overall wellbeing.

This class will be held on Mondays and Wednesdays from 10:00 a.m. to 11:00 a.m. Keep watching for the start date.

LINE DANCING

Learn the moves to classic and contemporary dances and get a little exercise in at the same time. Amy Wodzinski will lead this weekly class. Beginners and intermediate line dancers are encouraged to attend. Starting date will be announced soon.

UPCOMING EVENTS and SPEAKERS**• Tuesday, March 4 at 10:30 a.m.**

Learn about Heritage Point
Jacob from Heritage Point will discuss the features and living options offered at this senior living community.

• Thursday, March 6 at 11 a.m.

March Birthday Party
Join us as we celebrate all those born in the month of March. We will even have ice cream!

• Friday, March 7 at 10:00 a.m.

Bingo with Renaissance Care
Join us for a few games of bingo hosted by Renaissance Care. Bring a friend or two to add to the fun. Don't forget to

stick around to take a chance on winning our 50/50 Cash Cover All game.

• Tuesday, March 11 at 10:30 a.m.

Chair Exercise with Nathan
Nathan from Personal Touch will lead a series of exercises that can help promote stability, range of motion, and overall wellbeing. All these exercises can be done while sitting in a chair.

• Thursday, March 13 from 10:30 a.m. to 12:30 p.m.

St. Patrick's Day Party
Wear your green and come in for a morning of fun at our annual St. Patrick's Day Party. Let us know you will be there by calling the front desk at 304-296-9812. More details to come.

• Friday, March 14 at 10:00 a.m.

Bingo with Morgantown Health Care Center
Melody from the Morgantown Health Care Center will lead a few games of bingo and award prizes to the winners. Bring a friend or two to add to the fun. Don't forget to stick around and take your chance at winning our 50/50 Cash Bingo game.

• Monday, March 17 at 10:30 a.m.

Irish Music with Andre and Cindy
Get into the Irish-feel with the music

and dance stylings of the Emerald Isle. Local duo Andre and Cindy will entertain the crowd with songs and clogging.

• Tuesday, March 18 at 10:30 a.m.

Protect Against Financial Exploitation
James Lindsay from Legal Aid will discuss what Financial exploitation is, what to look for, and what to do if you suspect you or someone you know is a victim of financial exploitation.

• Friday, March 21 from 9:00 a.m. to 1:00 p.m.

Foot Care Clinic
Anita from Mountaineer Sole Care will offer 30-minute foot care sessions. During this appointment you will receive a foot bath, a toe nail trim, an exam for corns and calluses with treatment if needed, and a foot massage. Each session is \$45. Make your appointment by calling Anita at 304-368-8924.

• Friday, March 21 at 10:00 a.m.

Bingo with Morgantown Health Care Center
Melody from the Morgantown Health Care Center will lead a few games of bingo and award prizes to the winners. Bring a friend or two along with you to add to the festive fun. Be sure to stick around to play our 50/50 Cash Cover All game.

SEE SENIOR, 11

Bringing care to where comfort is:

YOUR OWN HOME

Servicing the Greater Morgantown Area, Southwestern PA, and Northern WV Panhandle

Services offered:

- Companionship
- Meal Preparation
- Routine Housework
- Bathing Assistance
- Hygiene/Grooming Assistance
- Dressing/Undressing
- Mobility/Transferring
- Medication Reminders
- Errands/Transportation

Benefits:

- Consistency in caregivers
- 24/7 in-home care available
- No deposit required
- No contract required
- Managers available at all times
- RN visits available
- No minimum of hours required

Our caregivers are:

- Trained onsite by RN
- Federal and State Background Checked
- Experienced

Village Caregiving accepts:

- Private pay/family funded \$24/hr. (flat rate)
- Veterans Homemaker Program benefit
- Medicaid Aged and Disabled Waiver
- Medicaid Personal Care Service
- Long-term care insurance
- Some managed Medicare plans
- Various others (call for details)

Lowest Hourly Rates in the Area Guaranteed

Voted Gold Winner for Best of Mountaineer Country in Home Care!



Proud Provider with the VA



Providing in-home care for your loved ones

Contact Us Today at 304.241.4980 • villagecaregiving.com • toni@villagecaregiving.com

Popular board games through the years

MetroCreative Connection

Board games remain timeless, despite the popularity of video games and mobile gaming. Ask any person about a favorite game they may have played, and it's likely some traditional board games will be at or near the top of the list.

Some may be interested to find out which games were the most popular the year they were born or garnered their fair share of devotees during their childhood. Here's a look at popular games throughout the seventies, eighties and nineties, courtesy of researchers with Popular Mechanics.

- 1974: Connect Four combined the strategies of Tic Tac Toe and checkers into this strategic game.

- 1975: Pay Day involved getting through a calendar month paying bills and other ex-

penses. It's basically balancing the budget in game form.

- 1976: Whosit? had players trying to guess their opponent's secret identity.

- 1977: Electronic Battleship added noises to the regular game of trying to sink battleships to make play more exciting.

- 1978: Simon required players to improve their pace in this heart-racing memory game.

- 1979: Guess Who was another game of figuring out a person's identity by asking questions.

- 1980: Can't Stop had players rolling pairs to see how long their luck would last.

- 1981: Trivial Pursuit became the most well-known of trivia games.

- 1982: Sequence combined a card game with a board game and included up to 12 players for big game nights.



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 in 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, Morgantown

- 1983: Topple asked players to stack colored pieces high on the board without having the tower topple.
- 1984: Balderdash was all about having players bluff their way through definitions of words and more.
- 1985: Pictionary required players to channel their inner artists to draw the words on the cards so teammates could guess.
- 1986: Fireball Island involved moving around the board to retrieve a giant ruby from the top of a mountain.
- 1987: Jenga was another stacking game but instead of piling pieces on top, it involved removing pieces without toppling the tower.
- 1988: Mall Madness came out during the height of the shopping mall boom. Players used a credit card to buy everything on their shopping lists.
- 1989: Taboo forced players to try to describe the word on the card without using the

- forbidden words listed below.
- 1990: Crocodile Dentist required players try to pull out crocodile teeth without triggering the jaws to snap shut.
 - 1991: Atmosfear incorporated an interactive component through use of a VHS tape. The Gatekeeper popped up on screen to keep the game unexpected.
 - 1992: Terrace appeared as a prop on “Star Trek: The Next Generation” and then gained popularity in real life.
 - 1993: 13 Dead End Drive required players to escape from a booby-trapped house.
 - 1994: Pylos involved being the player to place the last marble at the top of the pyramid.
- Those wondering about the most popular game in 2023 may want to pick up Hegemony: Lead Your Class to Victory. Hegemony is centered on various “classes” of people and how to make alliances and political maneuvers to advance.



1	2	3	4		5	6	7	8	9	10		11	12	13
14					15							16		
17					18							19		
20						21						22		
23					24				25		26			
			27			28	29	30						
31	32	33			34					35			36	37
38				39					40			41		
42			43			44					45			
		46			47					48				
49	50								51			52	53	54
55					56		57	58	59		60			
61					62					63				
64					65						66			
67					68						69			

CLUES ACROSS

1. Cut a little bit off

5. State with confidence

11. River in NE Scotland

14. Not narrow

15. Lacking social polish

16. Amount of time

17. Frame

19. Automobile

20. Toadstools

21. High school dances

22. Utilize

23. Challenged

25. One-sided

27. Showing extreme greed

31. Potted plants

34. Everyone has one

35. Lake in Botswana

38. E.T. rode in one

39. Juniors’ parents

41. Small amount
42. Mother of Perseus

44. Ornamental box

45. Gov’t investigators

46. Uncertain

49. A cotton fabric with a satiny finish

51. The vast grassy plains in S. America

55. Your consciousness of your own identity

56. Noted consumer advocate

60. Spanish sports club

61. Body part

62. Tractability

64. Woman (French)

65. Ready and willing to be taught

66. Muslim ruler title

67. Depressed

68. Gradually gave way

69. Clear-thinking

CLUES DOWN

1. Brushed aside

2. Water sprite

3. Ones to look up to

4. Monetary units

5. A number everyone has

6. Marine invertebrate

7. One who takes you to court

8. Indicates outer

9. Parallelograms

10. Strains

11. Cross

12. A way to remove

13. Some pages are dog-__

18. Ukraine city

24. A citizen of Denmark

26. Summer month (abbr.)

28. Hindu queens

29. Jewelry brand

30. Fictional rider of Rohan

31. Wet dirt
32. Russian city

33. Observed

36. Furious

37. Drivers’ licenses

39. Musical composition

40. Auction

43. They __

45. Women

47. Inspire with love

48. Japanese ankle sock

49. Appears

50. Old World lizard

52. The leading performer

53. Type of protein

54. Pennsylvania town

57. Art __; around 1920

58. __ Blyton, children’s author

59. Abnormal breathing

63. A place to sleep



To live a human life on Earth

BY IRENE MARINELLI
for The Dominion Post



"The greatness of humanity is not in being human, but in being humane."
— Mahatma Gandhi

Sometimes when we wake in the small, dark hours of the night and sleep eludes us, we tend to think about things that get pushed to the back of our minds during the busyness of the day. Sometimes, in these late-night watches or when we walk alone through a green forest or perhaps sit on a beach looking out at the restless ocean our minds turn to thoughts long hidden in the dusty corners of our minds. If we've lived into our 70s, 80s or 90s, we've surely come to the realization that half our lifetime or more is behind us.

It's not a sad or morbid realization, but it can make us wonder who we are now compared to the young person we once were. How will we navigate whatever time is left to us on this planet?

As a species, humans have come a long way from discovering that fire makes raw meat taste better, to the incredible technology we have today. We humans are an amazing creation, flawed, yet beautiful in our ability to think and reason and also nurture and love one another and our planet home. Our incredible ability to change our world with new discoveries and inventions seems boundless. In working together, we have eradicated some of the most horrible diseases that plagued mankind for centuries. We have left our footprints on the moon and even sent satellites in search of new discoveries far beyond the stars, to the very edge of our universe.

Sometimes you and I may find ourselves in a quiet place with time for some quiet

rumination. Perhaps we may think about life here on our planet and wonder how we will navigate the rest of our lives. We understand that we will surely make mistakes and hopefully learn from them. We can remember the past and learn from it, think about the future and plan for it, realizing we can never know what's around the bend. We need to take care that we don't invest too heavily in the future or the past. It's important to live in the present. The present moment we are living in right now will never come again. The past is a memory; the future is veiled from sight. The present is all we have.

We can think of our life as a river flowing on to the open sea. Sometimes the river flows over jagged rocks or boulders that break up the even flow, but nothing stops its constant movement. Other times, it meanders gently through green meadows and quiet glens to its final destination. Wherever or however it flows, nothing can stop it until it spills into the eternal sea. As humans,

we all travel this river, navigating as best we can the rocks and boulders, thankful when we gain calm waters.

If we look beyond our possessions: our homes, our clothes, cars, food on our table, money to spend ... if we look beyond all these, we come to understand we are all one human family. Our differences, such as possessions, the color of our skin, religious beliefs and practices, are not as significant as our similarities. Our differences can divide. Our similarities can unite us, allowing us to empathize with one another, help one another. We all want peace, a good future for our children and grandchildren. We want to be loved by someone we can love in return.

Finally, we need to realize we have one home together, on a blue planet whirling around a blazing star.

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

ASSISTED LIVING AND RESIDENTIAL CARE FACILITIES

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, Kingwood

SENIOR

FROM PAGE 7

• **Tuesday, March 25 at 10:30 a.m.**
Port of Call: Ireland
Katherine with Home Instead will introduce us to the food, culture, and people of the misty Emerald Isle. We invite you to join us for this fun and informative event.

Bingo with care Partners
Goble from Care Partners will lead a few games of bingo and will award prizes to the winners. Bring a friend or two to add to the fun. Don't forget to stick around and take a chance at winning our 50/50 Cash Cover All game.

**Keep checking our Facebook page for updates!



WAYS TO CONTACT OR FOLLOW SENIOR MONONGALIANS

Website: www.seniormons.org
Facebook: Senior Monongalians
Phone Number: 304-296-9812
Mailing Address: P.O. Box 653, Morgantown, WV 26507
Location: Mountaineer Mall
Email Questions To: 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 8am to 6 pm and Saturday 9am to 5pm. The hotline is not available on Sunday.

WV EMOTIONAL SUPPORT HOTLINE: 844-435-7498

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

WV United Way-sponsored Information and Support Hotline: 2-1-1

Dial 2-1-1 (a three-digit phone number) 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

Solution to puzzle on page 9

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

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

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

Salvation Army - Monongalia County
1264 University Ave., Morgantown | 304-296-3525

Salvation Army - 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 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

LOVE YOUR HEART.

Know your numbers.

**From young hearts to the young at heart,
know your numbers – it could save your life.**

February is American Heart Month. While your health should be a priority all year round, this month is a reminder to show some love to your heart. Knowing your blood pressure, cholesterol, glucose, and body mass index can help indicate early signs or ongoing heart conditions.

Take action now, and schedule an appointment with a cardiologist at the WVU Heart and Vascular Institute by calling **855-WVU-CARE** or visiting **MyWVUHeart.com**.