

Senior Post

Living well and gracefully through the golden years

**How to
make an
active
retirement
a reality**

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MAY 2025
A MONTHLY MAGAZINE BY

THE DOMINION
Post

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To mark 100 in May

Morgantown woman recounts memorable stories from her years

BY JENIFFER GRAHAM

DPNews@DominionPost.com

KINGWOOD — Morgantown resident Elaine Sapp said she is looking forward to her 100th birthday on May 21. Sapp, who was born in Morgantown moved to Willard, Ohio, with her family when she was 2. She was a former member of the Silver Haired Legislature and the 2004 Preston County Belle.

Sapp said she will never forget one incident that occurred when she was 10.

"It was in 1935, and I was in the fifth grade. That was during the depression. There was a boy named Eugene, who lived next door to me. He was my friend. One afternoon he didn't come to school, and the teacher was called out of the room. When she returned, she

was crying. She said Eugene wouldn't be coming to school any more because he was in heaven," Sapp said.

"I'll never forget it. The teacher rearranged all of the seating and left Eugene's seat empty. He was my friend and he was 11 years old at the time," she said.

She said there was a national newspaper reporter in Willard that reported Eugene's story. She said the story was broadcast around the world.

"The report was that Eugene had committed suicide. When they found him he had written on his shirt, 'Please don't kill my rabbit. Now I'm one less mouth to feed,'" Sapp said.

She said once the story got out, people from all over started sending food to Willard.



Jeniffer Graham/For the Dominion Post

From left to right are Mary Ann Sanders, Elaine Sapp and Marna Loucks.

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Core Senior Center

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

Senior Monongalians

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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

"A very short time after that President Roosevelt started the welfare system. Commodities were brought to local locations and distributed to needy families," Sapp said.

She said on the anniversary of Eugene's death, it was announced on national news.

Sapp said she later moved back to West Virginia where she graduated from West Virginia University in three years. From there, she said she went to Case Western in Cleveland, where she received a degree in nursing.

"In 1961, I started work at West Virginia University as an operating room supervisor. One night, we had helicopter come in. They had been called out during a terrible storm. All of the electricity was out and the helicopter couldn't land without lights. I found an orderly and had him round up people with automobiles to form a large circle with their lights on so the pilot could see to land the helicopter," Sapp said.

She said one of her memories involved her grandmother. She said her grandmother was a midwife who made her own medicine from local plants and herbs. She said she remembers her grandmother took care of people with typhoid fever. Another memory involved her grandmother getting called out and helping a lady who had been in labor for an extended length of time to deliver her baby.

"Recently, someone reminded me that my aunt lived to be 107 years old," Sapp said. "Then they asked me if anyone else in the family was going to live to be that age. I told them I was working on it."



Elaine Sapp, center, will turn 100 years old on May 21.

Jeniffer Graham/For the Dominion Post

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Susan D. Brown,
Owner

Did you know?

Arthritis is a common condition that affects millions of people. According to the

Centers for Disease Control and Prevention, roughly one in five adults in the United States is affected by arthritis, with an estimated 54.5 million adults reporting they have the condition. The Arthritis Society Canada has similar findings for Canadians suffering from arthritis. Again, one in five adults has the illness and about six million people in the country already have received an arthritis diagnosis.

Arthritis causes joint pain, stiffness and inflammation. The Cleveland Clinic reports osteoarthritis, a type of arthritis that is caused by wear and tear on the joints, is the most common type of the condition.

Osteoarthritis can occur naturally as a person ages due to a lifetime of using the joints and wearing down their cartilage cushioning. Other types of arthritis occur from illness (gout) or the immune system can cause arthritis when it damages the joints by mistake (rheumatoid arthritis).





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Did you know?

Research conducted by the National Council on Aging and the LeadingAge LTSS Center @UMass Boston found that 80 percent of older adults are either currently financially struggling or are at risk of economic insecurity in retirement. Further analysis found that living in the community without some assistance is beyond the reach of most older adults. Rising living costs and financial shocks, which are inherently difficult to predict, also pose a threat to older adults' capacity to maintain economic security in the future. The NCOA offers a range of scenarios designed to help retirees make their money last, and making a concerted effort to grow savings is among those suggestions. Doing so may not be possible for current retirees, but seniors nearing retirement can emphasize growing their savings as their target retirement date draws closer. That's a philosophy that thus far adults have been slow to adopt, as a recent report from the U.S. Government Accountability Office found that roughly half of all households age 55 and older have no retirement savings.



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Three tips to stretch retirement savings

MetroCreative Connection

Cost-of-living has garnered significant attention in recent years and was one of the key issues surrounding the 2024 presidential election in the United States. That extra attention is warranted, as a recent Bankrate analysis of data from the U.S. Bureau of Labor Statistics found that consumer prices were 23 percent more expensive in February 2025 than they were in the same month in 2020.

Rising consumer prices have been a cause for concern among people from all walks of life, but retirees might be among the most vulnerable to such increases. Lacking a desire to return to the workforce or opportunities lucrative enough to make such a transition worthwhile, retirees may be looking for ways to stretch their retirement savings. The following three strategies may help seniors do just that.

1. Seek the help of a financial planner. Some seniors may see working with a financial planner as another expense at a time when they're trying to cut costs, but such professionals can provide a notable return on investment. Financial planners can help seniors currently navigating complex financial waters without a compass direct their resources toward low-risk vehicles that can grow wealth with the goal of ensuring a rising cost-of-living does not drain existing savings and leave seniors destitute. Even incremental growth can help combat inflation, and financial planners can identify options that promote growth while limiting risk.

2. Take up gardening. People from all walks of life have lamented rising grocery bills in recent years, but seniors are not helpless against rising food prices. The Economic Research Service at the U.S. Department of Agriculture estimates food prices will increase by 2.2 percent in 2025. Retirees are uniquely positioned

to combat those increases, as many have the time and space to grow their own foods at a fraction of the cost of buying the same items at the store. Though gardening requires an investment of time (to learn the trade) and money (tools and a landscape adjustment, if necessary), it's possible to recoup such initial costs rather quickly. A 2021 report on the website Greenhouse Today estimated that a single tomato plant, which in 2025 typically can be purchased for less than \$10, can yield 20 to 30 lbs. of tomatoes, producing somewhere between 20 and 90 tomatoes (size of the tomatoes will affect total yield). Grocery shoppers know that one pound of store-bought tomatoes is likely to cost around \$5, give or take a dollar or two. In this example, seniors can save a substantial amount of money by growing their own food at home. Seniors can even join gardening groups where each member grows a particular food and then yields are shared among the group, leading to even more savings over time.

3. Request generic medications. The cost of medication is not fixed and is often vulnerable to changes in governmental policies. However, it's fair to note that many seniors spend thousands of dollars per year on medication. Seniors can request generic alternatives to brand-name medications. The health care experts at Humana estimate generic drugs cost 80 to 85 percent less on average than brand-name drugs. That's a considerable cost savings, and that advantage could prove even more significant if policy changes increase out-of-pocket medical costs for seniors in the coming years.

These three strategies can help seniors manage their money and protect their retirement savings in an era marked by a rising cost-of-living and an unpredictable economy.

Understanding estates and the probate system

BY DEB MILLER, JD

Volunteer with WV Senior Legal Aid



It was time for Joe to start what was needed to handle his sister Carrie's estate. She had died recently.

He had her will and thought her estate was likely to qualify as a small estate under West Virginia Code sec. 44-1A-1 et seq.

This law authorizes a simpler estate administration when \$50,000 or less of personal property and a maximum of \$100,000 of real estate are to be transferred via the probate system.

The small estate is charged lower probate fees, involves simpler procedures, and no

closing report is needed.

West Virginia no longer has an estate tax, so that is not a consideration.

Joe reviewed some information about the classifications of probate property (governed by Carrie's will) and nonprobate property (controlled by the beneficiary listing for the property; wouldn't be counted in the estate's probate totals). Each was broken down into real and personal property categories.

Before her death, Carrie worked to expedite some aspects of the future estate administration by listing beneficiaries on certain accounts, making them nonprobate property.

Carrie's savings account was just over \$3,000, and she had included her daughter as a "payable on death" beneficiary

on the account, making the savings a nonprobate asset. It wouldn't count in the probate category of personal property.

Her \$4,000 checking account and the \$350 Joe found in Carrie's apartment would count in the personal property of her probate estate, subject to the terms of her will.

Carrie didn't own a car or real estate. If she had owned real estate solely in her own name, its probate value would be calculated as 167% of the property's current assessed value on the county land books, as shown on the current property tax ticket.

Her retirement account, now worth \$35,000, had her daughter and Joe as the beneficiaries, making it a nonprobate asset.

Joe estimated her other personal property, such as

furniture, jewelry, and clothing to be worth about \$7500. Fortunately Carrie had no debts for the estate to pay other than the final utility bills and her credit card.

He also checked the West Virginia Treasurer's unclaimed property website at <https://wv.findyourunclaimed-property.com/app/claim-search>. He found \$385 that as her administrator he could make a claim for. It would be included in her probate estate.

Joe totaled the probate personal property at \$12,235 (checking account, cash, unclaimed funds and furniture, etc.) and checked Carrie's will to see who would receive what, including a \$2,000 gift for her church.

He called the county clerk's office for an appointment to start the probate process, but

learned that he was too early. Under the small estate rules, he had to wait until 30 days after her death. That time limitation wasn't involved with larger estates.

Joe was able to complete the Affidavit for Small Estate form to list the probate assets and estate beneficiaries before the appointment.

If Carrie had not done a will, the recipients would be determined by the intestacy laws at West Virginia Code sec. 42-1-3 and -3A. An intestate estate of appropriate size can be administered under small estate rules.

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

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How to make an active retirement a reality

Retired & bored?

MetroCreative Connection

Scores of people view retirement as a time in their lives when they aren't beholden to schedules and can finally indulge in hobbies and interests they'd been dreaming about while sitting in meetings or commuting to the office. Although retirement often is billed as a time to enjoy life, research suggests a different scenario plays out all too often. According to a recent study commissioned by The Oddfellows, one of the oldest friendly societies in the United Kingdom, 39 percent of retirees have experienced feelings such as loneliness, boredom and a reduced sense of identity and purpose shortly after the retirement glow wears off.

Staying active and engaged during retirement may take some creative effort, especially for those who were used to the regimented schedule of work. But the following are some ways to maintain your active engagement with the world after calling it a career.

- Take that trip. According to AARP, travel is one of the

most popular things to do during retirement. Odds are there are places retirees have always wanted to visit, and the world is just waiting. Taking a tour or being part of a travel group can simplify travel planning by leaving the organizing to someone else. Travelers just enjoy the ride.

- Get moving physically. The National Council on Aging says regularly engaging in physical activity a person enjoys can help prevent bone loss, boost immunity, improve mood, and even prevent chronic illnesses. Team sport participation is a top choice for seniors looking to stay active because sports provide physical exercise and also an opportunity to socialize with friends or teammates.

- Maintain a consistent schedule. Some people thrive when they know what is coming next. If you need a routine in order to be happy, establish a consistent schedule that works. For example, people can wake up at the same time each morning and eat lunch during at the same time they did while working. Upon retiring, incorporate a daily plan for exercise if physical activity is not part of

your traditional routine.

- Try something new. It is never too late to try a new activity, class, sport, or hobby. Challenging yourself can stimulate the mind and provide a pathway to new relationships. Individuals can even consider going back to college. According to Kiplinger, New Jersey residents age 65 and older can take regularly scheduled courses tuition-free at the state's public colleges and universities, provided classroom space permits. There are similar programs in other states across the country.

- Pick up a new language. Learning a new language is a beneficial tool for seniors who are looking to maintain cognitive abilities. The National Institutes of Health says bilingualism has been linked to higher cognitive reserve, delay in dementia onset and better performance in executive control.

There are many ways for seniors to keep their brains and bodies active in an effort to overcome boredom and improve overall well-being.

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

SENIOR MONONGALIANS

MAY 2025 EVENTS and SPEAKERS

Thursday, May 1, at 10:30 a.m.

May Birthday Party

Join Tori to help celebrate all those with a birthday in the month of May. Sing a little song, have a little cake, and have a lot of fun.

Friday, May 2, at 10 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, May 6, at 10:30 a.m.

New Parkinson's Disease Therapy

Tina from Healthworks RF will describe a new therapy that may help people suffering with neurological disorders such as Parkinson's Disease. We invite you to join us for this informative discussion.

Wednesday, May 7, from 10:30 a.m. to 12:30 p.m.

Mother's Day Luncheon

We invite you to join us as we celebrate the hard work and dedications of Mothers from all generations.

Thursday, May 8, at 10:30 a.m.

New AFIB Treatment

Jada from Abbott will discuss a newly developed treatment for AFIB. We invite you to join us for this informative discussion.

Friday, May 9, 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. Be sure to stick around to play our 50/50 Cash Cover All game.

Tuesday, May 13, 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.

Friday, May 16, from 9 a.m. to 1 p.m.

Foot Care Clinic

Anita from Mountaineer Sole Care will be available to give a treat to your feet. During a 30 minutes appointment you'll receive a foot bath, toe nail trim, an evaluation of corns and calluses, and a foot massage. This service is \$45. Make your appointment by calling Anita at 304-368-8924.

Friday, May 16, at 10 a.m.

Bingo with Morgantown Health Care Center

Melody from Morgantown Health Care Center will lead a few games of bingo and will award prizes to the winners. Bring a friend or two to

add to the fun. Stick around to take a chance at winning a little cash during our 50/50 Cash Cover All game.

Friday, May 23, at 10 a.m.

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.

Monday, May 26

CLOSED for Memorial Day

Tuesday, May 27, at 10:30 a.m.

Port of Call: Greece

Catherine from Home Instead will take us on a trip to the island country of Greece. Learn about the culture, the people, the food and much more.

Friday, May 30, at 10 a.m.

Bingo with Right At Home

Join us for a morning of fun playing bingo with Tammy from Right At Home. Bring a friend or two to add to the fun. Stick around to take a chance of winning a little extra cash during our 50/50 Cash Cover All game.

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

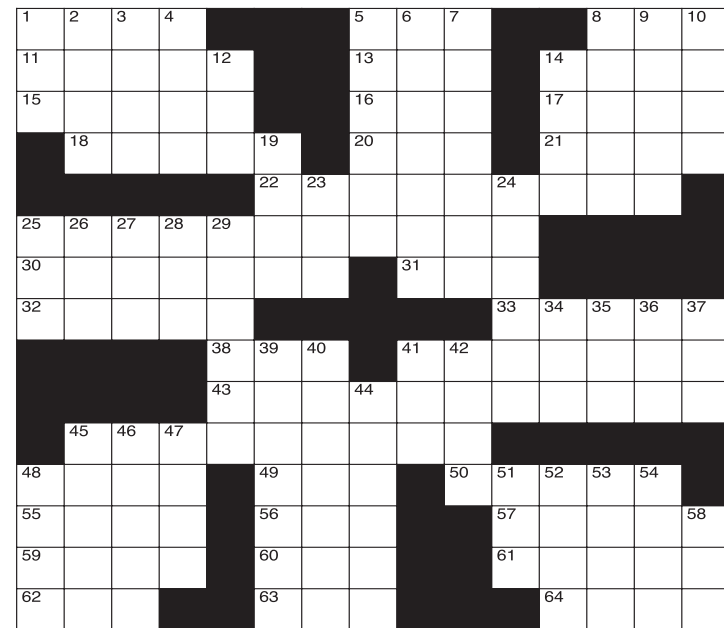
West Virginia-based individuals will provide information about COVID-19 vaccine schedules. Seniors without a computer should use this number to register for the COVID-19 vaccine. The hotline is available Monday through Friday 8am to 6 pm and Saturday 9am to 5pm. The hotline is not available on Sunday.

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 (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

- Herring-like fish
- Perform on stage
- Soda
- Small growth
- In support of
- Step taken when walking
- Hollyhocks
- Returned material authorization (abbr.)
- Feel pain
- San Diego ballplayer
- Inches per minute (abbr.)
- Fat from a pig's abdomen
- Create again
- Honors once more
- Thin coating of gold
- Welsh river
- Japanese novelist Mizumura
- Husks of corn
- Green vegetable
- Showing guilt
- Soldier
- Photographers
- Language spoken in Nigeria
- Mimic
- Expressed pleasure
- Ancient Greek sophist
- Beverage container
- Night monkey genus
- Lace bugs
- Hogshead (abbr.)
- Frameworks
- Keyboard key
- Greek goddess of the dawn
- Influential Korean independence figure

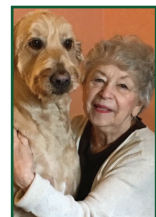
CLUES DOWN

- A place to unwind
- Helped (archaic)
- Razorbill genus
- Bleached
- Continent
- Fruit preserved in syrup
- Impediment to one's freedom
- Nocturnal rodents
- Earthy pigment
- Relieved oneself
- Golf score
- Tech hub __ Alto
- Sportscaster Andrews
- Records electric currents
- Popular Hitchcock film
- Revolutions per minute
- NY Giants legend
- Sports radio host Patrick
- When you hope to get somewhere
- French seaport
- Thai river
- Rocker's accessory
- Extra charge
- Influential American president
- Pain in the head
- Great Plains people
- Consumed
- Soluble ribonucleic acid
- Improves
- Secret clique
- Behind the stern of a ship
- Dough made from corn flour
- Fallow deer
- Swiss river
- Grayish white
- Engrave
- College's Blue Devils
- Midway between south and southeast

The partnership of body and mind in a balanced life



BY IRENE MARINELLI
for The Dominion Post



We hear a lot about manifestation these days. It's not a new concept, but surely an interesting one. One definition of manifestation I especially like is: "bringing specific desires, goals or outcomes into reality through focused thoughts, beliefs and actions."

It's partially based on the concept of the mind/body connection, the idea that positive thoughts and energies attract positive experiences and circumstances, while negative thoughts attract negative experiences and circumstances.

Sometimes, as we reach a certain age, we may get to thinking about taking a different path as we travel through the coming years. Perhaps we feel a need to break with some outworn old habits. We may begin to won-

der if there are better ways to go through our days and weeks, a better balance between those things on our ever-present "must-do" list and those things to which we are drawn, the things we want to pursue but never seem to have the time and energy.

In our younger years it probably seemed important to fit in, to succeed at our jobs, participate in whatever society and culture deemed important. Hopefully, in our 6th, 7th and 8th decades we have discovered there is no need to always follow mainstream thinking if we think and feel differently. I'm not suggesting a rebellion against society, just a better balance. It's easy to be swayed by the world and lose our sense of self. If we look deep into ourselves the best path to follow will open wide and welcoming. When we honor ourselves as much as we honor those we love, those we serve, we can find a better balance.

This year Rob and I downsized from a

large, two-story house and a large yard to a house on one floor....no stairs. We are in the process of slowly moving from our home of 50 years to a new house and, I hope, a new life. My goal for whatever years are left to us is simple: to use and fully enjoy this precious gift of time in peace and contentment. I am trying to keep a positive attitude and mindset through the harried, stressful work of decluttering and packing. I want to finally arrive at the end of this move with our relationship unharmed and the prospect of a simpler, more peaceful life a reality. Gratitude is part of peace and contentment, and I try to be always grateful for this opportunity to follow a different path, to enjoy the many things put off all these years; for the opportunity to slow down, to be in the moment, not rushing from one task to another. When we finally settle into the new house there should be time for day trips, trail hikes, painting, writing, baking. There should be time for enjoying some soli-

tude, time for contemplation, connecting with nature or simply being. There should be balance, for balance is the key to a contented life. Finding that balance between commitments, special enjoyable activities and times of restful quiet is good for both the body and the spirit.

If we take the time to look around us we can see life as a dance. Trees sway gently in the wind; flowers bend gracefully to follow the sunlight, birds pirouette in the air and small animals scurry as they go about their day; butterflies dip and dart in their own unique rhythm. Whether we dance alone or with a partner, we can join this dance of life at any age. When we leave behind the constant commitments and expectations of others we will find the joy of the dance.

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

ASSISTED LIVING AND RESIDENTIAL CARE FACILITIES

Monongalia County

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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

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Harmony at Morgantown

50 Harmony Drive, Morgantown
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Preston County

PineRidge (formerly Heartland)

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PineRidge, Kingwood

How to plan a memorable, celebratory retirement party

MetroCreative Connection

Professionals spend years saving for retirement. Many enroll in an employer-sponsored retirement plan the moment they begin their careers in their early twenties, and continue to build their nest egg until the day they officially call it quits.

The effort people put into retirement planning makes the moment individuals call it a career worthy of an extraordinary celebration. The following retirement planning party tips can ensure a celebration that suits an occasion as significant as the day professionals call it a career.

- Pick a unique venue. Whether the party will be a sizable affair with

a guest list that includes long-time colleagues and friends or a smaller gathering with a retiree’s close knit inner circle, a unique venue underscores how significant a moment and achievement retirement is. For larger affairs, shop around for venues in much the same way you might when celebrating other milestones, such as a child’s graduation from college or a wedding. If the guest list includes just a handful of friends and family members, consider planning a trip to a resort locale or renting an impressive home through a site like Airbnb or Vrbo.

- Take a stroll down Memory Lane. In the months leading up to the celebration, work with the retiree to identify key

moments and people in his or her career. A photo montage of those notable moments and individuals can be a great way to commemorate a lengthy career and simultaneously thank and honor the people who helped along the way. Play the montage for guests at a key moment during the party.

- Ask colleagues to share well wishes. Brief messages from colleagues, whether they’re delivered via handwritten letters or videos each individual films, can be a great way to show the guest of honor how much he or she meant to others throughout their careers. Messages can be incorporated into a montage video or shared privately with the guest of honor.

- Kick the curfew to the curb. It might have been a while since a newly minted retiree had a late night, but a retirement party can stretch into the wee hours. After all, the guest of honor won’t need to wake up for work the next day (or any other day), so let invitees know that the party will keep going well into the night. If booking a venue for the party, plan an after party at your home for a handful of guests who are particularly close with the guest of honor.
- Keep the focus on fun. While reaching retirement is a celebratory moment that merits a good party, many retirees also feel a degree of sorrow because they’re leaving behind rewarding careers

they worked so hard to build. Such sentiments may not be entirely avoidable, but party planners can emphasize fun and a festive atmosphere to ensure the night is celebratory and not sorrowful. Book a band and submit a play list of the retiree’s fa-

vorite songs, and encourage guests to dance the night away.

The day professionals reach retirement merits a celebration that’s worthy of the years of hard work and dedication individuals put in over the course of their careers.

Solution to puzzle on page 9

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



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

GETTING YOU BACK

to the activities and people you love the most



The **WVU Medicine Outpatient Rehabilitation Center** provides a wide range of therapies to improve your quality of life and independence. Our highly trained therapists are prepared to perform evaluations and create individualized treatment plans to meet your specific health goals.

We offer the following types of therapies:
**Aquatic • Lymphedema • Occupational
Pelvic • Physical • Speech • Vestibular**

Our location at University Town Centre and convenient hours make getting you back to your normal activities easier than ever before.



For more information, visit [WVUMedicine.org/OutpatientRehab](https://www.wvu.edu/OutpatientRehab) or call 855-WVU-CARE to schedule an appointment.

Monday-Thursday: 7 am –7 pm / Friday: 7 am – 4 pm