

Senior Post

Living well and gracefully through the golden years

**Biking, jogging
part of
71-year-old's
daily routine**

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Did you know?

Meditation has gained traction in recent years as an effective means to promoting personal wellness, and those considering the practice should know that it does not require a significant time commitment. The Mayo Clinic notes meditation has been practiced for thousands of years. Perhaps the practice has proved so enduring because of the myriad emotional and physical benefits it offers, which the Mayo Clinic notes include self-awareness, improved mood, a lower resting heart rate, and improved sleep. The amount of time required to meditate depends on the individual and the type of meditation he or she practices (the Mayo Clinic cites guided meditation, mantra meditation, mindfulness meditation, and Quigong as some popular ways to meditate), but Verywell Mind reports that experts typically recommend meditating for somewhere between five and 45 minutes each day.



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Biking, jogging part of 71-year-old's daily routine

MonCHD.org

MORGANTOWN — On the two days a week that Lynne Ryan works as a breastfeeding counselor and nutritionist at Monongalia County Health Department's WIC program, she pulls up to the office on one of her bicycles that she rides from the Star City rail-trail to WIC's new location on Pineview Drive, across from Mon Health Medical Center. But the 71-year-old Ryan's exercise for the day doesn't stop with her daily cycling session to (and from) work.

After a morning of teaching new moms breastfeeding techniques and nutritional tips, she dons her exercise clothes again and runs four to five miles during 50 minutes of her hourlong lunch break.

"When we were next to the health department, I would run up to Core Arboretum

and then run around the arboretum," Ryan said. "I was worried when we moved (in February), but I got on Google Maps and found that there is a whole trail system behind Mon Health. I'm loving it."

Ryan's overall fitness routine includes running four to five times a week, in addition to biking and other activities such as hiking and swimming.

She sticks to her biking work commute and lunch run year-round, unless the streets are in really bad shape. Arriving at MCHD WIC one recent May morning on a blue Cannondale in light rain, she said, "I'm not going to let a little drizzle stop me."

May is Older Americans Month, which highlights healthy living as we age. Then the last Wednesday — May 28 this year — is National Senior Health & Fitness Day.



Lynne Ryan jogs on a trail near Mon Health Medical Center.

Courtesy of MCHD

SENIOR CENTERS AND FACILITIES

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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

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Courtesy of MCHD

ON THE COVER: Lynne Ryan arrives to work at WIC on her bicycle.

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Ryan, who works part-time at MCHD WIC after retirement, is Monongalia County Health Department's poster child for this celebration, often out-exercising her younger co-workers.

Growing up, Ryan enjoyed bike riding and she had always skied and hiked, but she didn't enter this exercise phase of her life until she turned 49, after her four children had grown up.

She was motivated by Morgantown's first Sprint, Splash 'n Spin Triathlon.

"I think I want to try that," she said at the time of the race that required swimming, cycling and running.

Even though her feet hurt after running her first mile, "I pushed through and it was fun. I was completely hooked."

Eventually, she realized that running is her strength. "As I've gotten older and wiser, I've learned that it's important to do the vast majority of my running on softer surfaces. I do no more than 10% of my running on pavement."

While some people might be surprised at Ryan's level of activity at 71, she has a group of friends, ranging in age from around 60 to 78, who call themselves "The Gang of Five." They've gone on adventure trips to locales such as Baja, Mexico and Croatia, where, with the help of an outfitter, they distance swim in the ocean.

"It's always a beautiful place, beautiful water," Ryan said.

The outfitter takes the group out into the ocean in a boat and stays nearby in case anyone needs help because of fatigue or cramps.

Their next destination is Greece in September. "We do five days in a row," Ryan said. "It's a mile and a half before lunch and a mile and a half after lunch, and it's a lot. I can really feel it at first and then I get used to it, and at the end I feel great."

Exercise is important for all age groups, but for older individuals, it's especially vital. According to the Centers for Disease Control and Prevention, physical activity can prevent or delay many health problems that can often occur with age. It's also well-known that individuals typically start to lose muscle mass around the age of 30, a process that can accelerate after 60. Recent studies have shown that increased physical activity can also reduce the risk of dementia.

Ryan's career at MCHD WIC began about six years before she started on her exercise journey. She began in 1997 as a lay breastfeeding counselor.

Through the years, she returned to college to get a regents degree at West Virginia University with an emphasis in women's studies and public health and took graduate courses in nutrition. She also earned her International Board Certified Lactation Consultant (IBCLC) designation.

In the nearly 30 years since she started at MCHD WIC, she's seen breastfeeding rates rise from about 13% to the 60%-range.

"It's really correlating with breastfeeding support — more support and counselors and classes," Ryan said.

Those higher numbers are not just for initiation — mothers who try breastfeeding — but also those who go on to do it for six months or longer. "I hope it never goes backward," she said.

WIC clients include pregnant, postpartum and breastfeeding mothers and children up to the age of 5 who financially qualify. Mothers on Medicaid and foster parents automatically qualify. To see the financial guidelines, go to www.monchd.org and click on the WIC/Breastfeeding tab and then the WIC Eligibility Guidelines tab.

And while WIC provides specific breastfeeding guidance to clients, anyone can attend the free, public breastfeeding classes held at all six of MCHD's WIC locations: Monongalia, Preston, Marion, Harrison, Doddridge and Taylor. To see times and dates, go to www.monchd.org/services/breastfeeding.

As for nutrition, even someone who has studied it sometimes needs to take stock.

"What I'm really realizing is how important calcium intake is," she said. "If I don't take enough calcium as I get older, my bones might not be fine."

"I feel like there is not a lot of room in a healthy diet to have empty calories."

Another fact that might sound surprising for someone who bikes to and from work and then runs on her lunch break is that Ryan doesn't always want to go out and do it.

"There are days when I have to talk myself into it," she said. "But here's the crux. I'm always glad afterward. I don't want to go out there on a cold rainy day, but I know if I do it, I'm going to feel good."

For up-to-date information on health and wellness in Monongalia County, check out monchd.org and follow the health department on Facebook and Twitter @WVMCHD and on Instagram at #wvmchd.



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Mon County resident turns 100

Receives message from West Virginia governor

BY JENIFFER GRAHAM

DPNews@DominionPost.com

KINGWOOD – Friends and relatives gathered at Grace Chapel Church on May 20 to celebrate Elaine Sapp's 100th birthday.

Sapp, a Mon County resident was born in Morgantown and moved to Wilford, Ohio, with her family when she was 2. She later moved back to West Virginia and graduated from West Virginia University. From there, she went to Case Western in Cleveland, where she received her nursing degree.

"I saw a lot of changes in the medical profession over the years," she said. "When I first started out, there were no disposable gloves, there was no plastic and everything had to be reused."

Sapp 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 in-

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.

Sapp said she remembers when a severe storm left the hospital without lights. She said she had an orderly round up people who had cars and had them surround the area with light so a helicopter could land with a patient.

Sapp said another incident she remembers involved a patient who had been injured in a mob incident.

"He was in traction and someone came in and unhooked all of his bracers and medical equipment. We had to call and have him moved elsewhere," she said.

Sapp said times have changed, and due to medical advancements and procedures, lives are saved and people are living longer, more productive lives.

Sapp's daughter, Marna Loucks, said one of her favorite memories of her mother was when she was a young girl and her parents took her and her sis-



Elaine Sapp and her daughter, Marna Loucks, pose behind a quilt made by Reta Haube as a 100th birthday gift for Sapp.

Jeniffer Graham/
For the Dominion Post

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ters to the May Company.

"When we got there we would get vanilla malts," she said. "I haven't had one that good since."

Loucks said her mother was always involved in the school.

"All three of us girls were in the band. Mom and Dad always chaperoned when we went on trips. Mom volunteered as a nurse at the Orange Bowl when our band went there," Loucks said.

Sapp said there was a band from Connecticut that was also at the Orange Bowl. She said when three of the Connecticut band members became ill she took care of them.

Sapp received numerous cards and birthday greetings along with a quilt made by Reta Haube celebrating her 100th birthday, and a special birthday wish from West Virginia Gov. Patrick

Morrissey that was presented by the Rev. Mike Argabrite.

"On behalf of the citizens of the Mountain State, please accept our best wishes for a very Happy Birthday.

"As your family and friends honor you, we know this will be a most memorable occasion. It is our wish that the joy of this special day and the love you share with those closest to you will remain with you always. Best wishes for your continued health and happiness." The proclamation was signed Patrick Morrissey, Governor.

Sapp said even though she was celebrating her 100th birthday she didn't feel 100 years old and added that two of her fondest memories was being a member of the Silver Haired Legislature and serving as the 2004 Preston County Belle.

Preparing financially for long-term care

BY DEB MILLER, JD

Volunteer with WV Senior Legal Aid



All too often, a person or their family ends up making a rushed decision about going into a nursing home for long-term

care.

In addition to health issues, there are financial concerns at such a time.

Planning ahead, one or two years out, can be the smartest option to get over these hurdles well in advance.

Many will face out-of-pocket payments for the entire cost of their care because traditional Medicare and Medicare Advantage will not pay for long-term

nursing home costs.

Other West Virginians can receive long-term care coverage for a nursing home stay through the federal Medicaid program based on their income and assets.

Confusion about the Medicaid qualification process and not being aware of what's needed next can increase a person's stress and risk for financial exploitation. For example, others may suggest gifts or property transfers, often to themselves, that should not be done.

Plus, there is always the possibility of losing the capacity to gather such information and to make such decisions coherently. Handling this evaluation for Medicaid eligibility on a preliminary basis now is also a way to protect your spouse, family and property as permitted by federal law.

The evaluation process starts with a listing of all types of assets and their current value. Income amounts must also be listed. A standard form at www.wv.dhoh.gov is available for this purpose.

To qualify for Medicaid long-term care, a person may own a certain amount of assets, including a home (maximum equity in 2025 of \$730,000), a car, personal property, an irrevocable prepaid burial plan, and up to \$2,000 in other noncountable assets.

Completing the qualification form on a proactive basis does not require hiring a lawyer. Counselors with the WV SHIP program can help at 877-981-4463.

Further, the SHIP counselor can explain the process of nursing home admission and reduce concerns about doing this.

Many facing the nursing home decision think that the government will take their home to pay for their care. They think that if they give away their house to their children or add their children's names to the property deed while they continue to live there, they will be fine.

The opposite can be true.

The reason for that is the long-term care Medicaid eligibility process involves listing any transfer of assets or property made within the previous five years, including those for which you didn't receive full compensation.

If you gave your home or partial ownership in it to your children, a friend or any others within that five years without full compensation, there will be a period of ineligibility for coverage.

In Medicaid lingo, that gift of

your home causes an uncompensated transfer of assets penalty.

The penalty is losing out on Medicaid coverage of the nursing home costs for a period of time, based on a formula, equal to the value of the property given away. During the penalty period, you will have to pay the nursing home bills on your own.

An option to protect your home is a transfer on death deed. It changes nothing about your current ownership for Medicaid eligibility and lists the after-death recipients. Automatic transfer of the property occurs after death and avoids probate.

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.org.



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Over 60? How to maintain a healthy weight as you age



MetroCreative

Age often brings wisdom, experience and, for many people, some body weight changes that might affect their health over time.

Maintaining a healthy weight is important throughout life, but as a person gets older, it can be harder to keep extra pounds off. The Centers for Disease Control and Prevention says obesity prevalence was 44.3 percent among adults between the ages of 40 and 59 in May 2024. Obesity prevalence was 51.5 percent for people age 60 and older. According to a report from the Government of Canada, 40.1 percent of seniors are overweight, and 28.1 percent are obese. Yet some older adults also are underweight and struggle to keep weight on.

It's important to note that a healthy weight for one age group may not be the same for another. Verywell Health says a healthy weight and BMI range for adults over age 65 could translate into carrying extra pounds. The National Institutes of Health says a BMI of 25 to 27, which normally is considered overweight, may offer benefits to adults over the age of 65 by way of

bone health side effects that protect against osteoporosis. Some studies also indicate that being underweight can increase risk of disability, dementia and even cancer or heart failure.

Before one binges at the all-you-can-eat buffet, it is important to discuss weight with a doctor and develop a customized plan that takes individual variables, including age, into consideration. In addition, these tips can help people maintain a healthy weight.

- Spread out smaller meals. Eat five to six small meals per day to help with digestion and circumvent slower metabolism. Eating smaller meals also may help seniors who find they don't have appetites and push away food.

- Vary the foods you eat. Eat more vegetables, whole grains, fish, beans, and low-fat or fat-free dairy. Try to keep meat and poultry lean, only splurging on fattier cuts once in a while.

- Watch empty calories. Empty calories come from sugars, sugary beverages and processed foods with little or no nutritional value, indicates WebMD. Instead, when choos-

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

ing calories, look for whole, nutritional foods.

- Eat more protein. Older adults are at risk of losing muscle mass, so protein is essential. Protein also helps a person feel fuller longer, which can help with avoiding eating empty calories or overeating in general.

- Consume extra fiber. As a person gets older, fiber can help prevent constipation, colorectal cancer and hemorrhoids. Whole-grain fiber also reduces the risk of heart disease. In addition, whole grain fiber is filling, which can help with weight control.

- Exercise daily. Weight loss involves a formula in which more calories are burned than consumed. For those who need to shed some pounds, increasing physical activity through low-impact exercise can help. Bike riding, swimming, pickleball, yoga and other activities can be beneficial.

A registered dietitian can help people develop eating and exercise plans that will help them achieve and maintain a healthy weight.



Board games

are popular ways to pass the time and socialize with family and friends. Board games have been played for centuries. The oldest board game is believed to have originated in the Middle East. It was discovered at the Royal Cemetery of the Sumerian city of Ur in 1928 by a British archaeologist. Highly decorated boards made of wood and inlaid shell and lapis lazuli were found and believed to be made between 2,600 and 2,400 B.C. The game was dubbed the Royal Game of Ur since its original name wasn't known.

SENIOR MONONGALIANS

JUNE'S UPCOMING EVENTS and SPEAKERS

• **Thursday, June 5** from 10 to 11:30 a.m.

Blood Pressure and Glucose Screenings

Students from the WVU School of Pharmacy will provide free blood pressure and glucose checks to older adults. Participating in this service can give you a glimpse into your health at that time. These numbers can be recorded for future doctor appointments.

• **Friday, June 6** 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, June 10** 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, June 12** from 10:30 a.m. to 12:30 p.m.

Father's Day Celebration

Join us for an old fashioned good time during our annual Father's Day Celebration. The "Good Old Days Band" will get the room singing some of those oldies but goodies. After you have worked up an appetite from singing, enjoy a delicious meal prepared for you by our kitchen crew. Let us know that you will be joining us by calling 304-296-9812.

• **Friday, June 13** 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.

• **Thursday, June 19** at 10:30 a.m.

Understanding Fatty Liver Disease

Rates of fatty liver disease have been increasing over the past years. What is fatty liver disease? How does it affect the body? Who is prone to develop fatty liver disease? What treatments are there for this condition? These questions will be answered by Taylor Thompson from the WVU School of Pharmacy.

• **Friday, June 20**

CLOSED for West Virginia's Birthday

• **Tuesday, June 24** at 10:30 a.m.

Port of Call with Home Instead

Catherine from Home Instead will take us on a trip to some place exotic around the world without leaving our nutrition. Learn about our destination's culture, landscape, music, people, and more. Stay tuned to our Facebook and Instagram pages for the destination announcement.

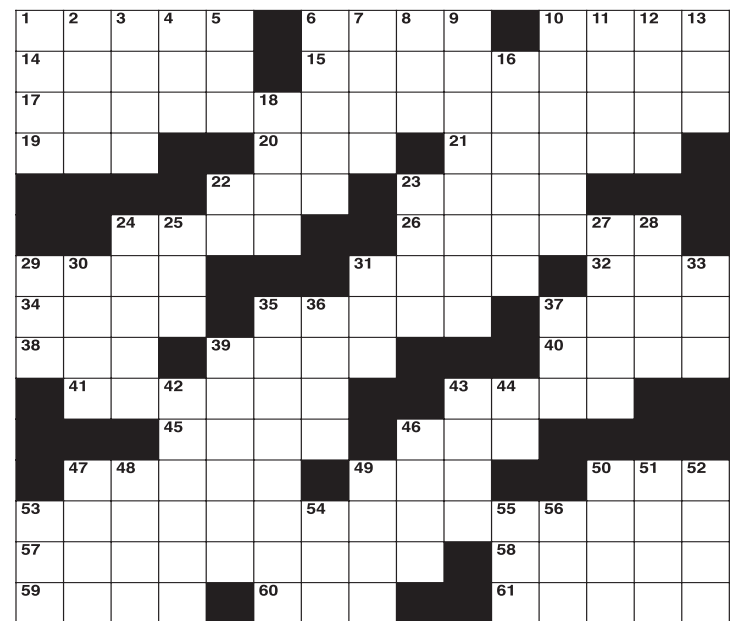
• **Friday, June 27** at 10 a.m.

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 to add to the fun.

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



CLUES ACROSS

- Marsh plant
- Southern constellation ("The Peacock")
- Fogginess
- Home to Fools' Day
- Absence of the sense of pain
- Popular November holiday
- Consume food
- Buddy
- Long-haired goat-antelope
- Japanese honorific
- Actor Malek
- One point south of southeast
- Illegal acts
- As fast as can be done
- Prevents harm to young
- Exclamation of satisfaction
- African nation
- Slow-moving animal
- Oh, goodness!
- A team's best pitcher
- Cleanser
- Radioactivity units
- Expectorated matter
- Cover a wide range
- The central area of a church
- California capital (abbr.)
- Dutch painter Klaver
- 007's creator
- Impression of dishonesty
- Northeastern sports rivalry
- Cloths
- Stalin's police chief
- Hostelries
- Bitterly regret
- Anwar __, Egyptian statesman

CLUES DOWN

- Satisfy
- European health advocate
- Expression of annoyance
- Strong liquor
- Large red deer
- Holder of less common religious beliefs
- West Indian shrub
- Family of proteins
- Wealthy, influential business leader
- Low spirits
- Approves food
- Monetary unit of Iran and Oman
- Mary __, cosmetics
- Expressed in pithy maxims
- Relaxing spaces
- The NFL's big game
- Proof of payment (abbr.)
- Starchy preparation of dried orchid tubers
- Indicates near
- Minneapolis suburb
- Herring-like fish
- Doctors' group
- Pouches
- Bread dipping in sauce
- Commercials
- A reminder of past events
- Affected by injury
- Geological time
- Stationary part of a motor
- Brings together
- Of sound mind
- Personal computer
- Without (French)
- A bank might give you one
- Agricultural testing organization
- A small island
- Type of gene
- Murres
- Card game
- A measure of human health
- Australian airline (abbr.)
- One point south of due west
- Affirmative

Solution on page 11



The flow of life from springtime into winter

BY IRENE MARINELLI

for The Dominion Post



*"And now in age
I bud again"*

— **George Herbert**

A silver frame holding the above quote by George Herbert sits on my desk. It is a daily reminder that winter....the winter of our lives... can hold traces of spring, the fragrance of burgeoning flowers, trees, shrubs; the sweet smell of newly turned earth. Spring can live in us as we age.

Researchers and sociologists have partitioned human life into blocks, each block containing a certain number of years and something like a schedule of what those years should bring us. Some consider our lives divided into 3 parts, while others write about the 4 "eras" of a human life.

I accept the concept of division, but for me, the flow of life seems like the turning of the seasons. Like those turnings of the seasons we all live with, from spring to summer, to fall and finally, winter. We humans have four seasons as well.

Our springtime opens with our birth, continues through childhood and adolescence. This is a time for learning, for grasping the intricacies of living on this planet, in a family, a culture, a society. It can be an innocent time, a glorious time. Yet it has its difficult scenarios as well. As we grow we begin to learn about the world outside our family circle and we may eventually try to step out of that familiar comfort zone.

From spring, we move into the summer of our living. What a hectic time this can be! We strive to find a partner, perhaps start a career, raise a family. We may find ourselves too busy to follow the dreams we dreamed in our springtime adolescence. The old adage, "Life is real, life is

earnest" plays out almost daily. We still aren't quite sure who we are, or whether we can meet all the expectations pelting us like hailstones. During this summer season, we sometimes find ourselves swinging between joy to despair like a pendulum. Wisdom knocks softly, timidly at our door.

As we move into the autumn season of our lives, we begin to see changes moving slowly, relentlessly toward us, like inchworms crawling up a flower stem. Some of the things we considered of great importance in the summer of our lives now seem less valuable. We can open the curtain on retirement just a little to take a peek inside. We wonder what it will be like to have our days to ourselves. Our children turn to finding partners, creating homes of their own away from us.

Now comes the winter of our living. We have aged, but aging can be a gift. It too holds beauty like a snow-filled landscape, trees lifting frost-laden branches to the

sky and a snow-white meadow reflecting the rays of a winter sun. Life has taught us myriad lessons and, hopefully, wisdom has entered and become part of our spirit and our heart. Finally, we have discovered our true selves and revel in that discovery. Retirement comes to free us from the ticking clock. Time takes on new meaning, ebbing and flowing. This is the season for acceptance, a time to look back, but also a time to look ahead. In this new era, we have time to fulfill some dreams and hopes from earlier seasons. Activities and choices, waiting on a shelf for years because we had no time, can now be taken down, dusted off and enjoyed. We are the architects of our winter, free to make plans, free to do as much as our health and energy allow.

In aging, we are truly free to bud again.

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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1379 Van Voorhis Road, Morgantown
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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
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Harmony at Morgantown

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PineRidge, Kingwood

Common financial scams that target seniors

MetroCreative

Financial scams are as old as the concept of currency. But consumers’ vulnerability to scams has seemingly increased in the 21st century, when the internet and devices like smartphones have enabled scammers to gain access to potential victims’ financial information and even gain virtual entry into their homes.

Seniors are targeted by financial scammers with such frequency that the term “elder fraud” has entered the English lexicon and is now widely recognized as a notable threat to individuals age 60 and older. In recognition of that threat, the Elder Justice Initiative aims to support and coordinate U.S. Department of Justice efforts to combat financial fraud that targets older adults. Those efforts are ongoing and include a number of initiatives to educate older adults about elder fraud, including warning seniors about some notable scams that criminals use to target older adults.

• **Social Security Administration Impostor Scam:** When perpetrating this scam, criminals typically contact prospective victims via telephone and falsely claim that suspicious activity has prompted the suspension of their Social Security number. Scammers may also indicate money must be withdrawn from a potential victim’s bank and stored on gift cards for security’s sake. It’s important to note caller ID spoofing is often utilized when perpetrating this scam so an incoming call appears to



be coming from the Social Security Administration.

• **Tech Support Scam:** This scam involves criminals claiming to be representatives from widely recognized companies who are calling to inform seniors that viruses or malware have been detected on their devices. Some also may claim a target’s computer has been hacked. The Federal Trade Commission notes perpetrators of this scam pretend to be tech support and request victims enable them to remotely access their devices or computer. Granting such access provides an avenue to view sensitive information, but scammers also may diagnose nonexistent problems and charge a fee. But the scam does not always stop there. Some call back later and offer a refund to account for services that can no longer be rendered or to correct an overcharge. The scammers then request victims’ specific banking details under the guise of “correcting” these alleged oversights.

• **Lottery Scam:** The lottery scam involves scammers calling potential victims and informing them they have won a foreign lottery or sweepstakes. Perpetrators of this scam typically identify themselves as lawyers, customs officials or lottery representatives. The telemarketers behind this scam may be based in Jamaica, but the U.S. Embassy in Jamaica warns that those behind the scam will ask winners to pay various fees, including shipping and customs duties, until victims’ funds are exhausted.

• **Romance Scam:** The FTC warns that wildly popular dating sites, social networking platforms and chat rooms provide opportunities for scammers to identify and exploit potential victims. The aim of these scams, which many victims are too ashamed to report even after they realize they’ve been victimized, is to convince targets to send money in the name of love. But the EJI warns that online love interests who ask for money are almost certainly scam artists.

Solution to puzzle on page 9

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

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 or call 855-WVU-CARE to schedule an appointment.

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