

Senior Post

Living well and gracefully through the golden years

**Why swimming
is so good for
your body**

Page 8

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INSIDE

- 3 - Genealogy among Kingwood woman's interests
- 6 - Senior Monongalians' July schedule
- 7 - Watch out for red flags of scammers
- 8 - Why swimming is so good for your body
- 9 - Crossword
- 10 - Schedule, organize and move on to new adventures
- 11 - How the body changes with age



Did you know?

Summer is a season to enjoy some fun in the sun, but it's imperative that people remember to take steps to reduce their risk for heat illness. Those measures should include efforts to hydrate and remain hydrated throughout the day. The Centers for Disease Control and Prevention report that water will almost always help people remain hydrated even when they're working in the heat. But food also plays a vital role in preventing heat illness, as the CDC notes eating regular meals can help to replace the salt lost through sweat. It's also important that individuals avoid energy drinks and alcohol when spending time in the hot summer sun. Many energy drinks contain more caffeine than standard servings of coffee, tea and soft drinks, and excessive caffeine consumption can contribute to dehydration. The same can be said for alcohol, and the CDC reports that consuming alcohol within 24 hours of working in the heat can increase the risk of heat illness.



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Focus on family tree

Genealogy among Kingwood woman's interests

BY JENIFFER GRAHAM

DPNews@DominionPost.com

KINGWOOD – Ninety-five-year-old Mary Jane Foltting said she likes to garden and travel. She said when her children grew up and left home she went to work for a travel agency and was able to travel extensively.

However, she said, she said she also has a passion for genealogy and has traced her mother's ancestry back to the 1500s and her father's to the late 1600s. Foltting said she has also created a genealogy website.

"My parents were Czechoslovakian, and I speak the language," she said. "When I was younger, I went to Czechoslova-

kia unannounced. At that time, it was under communist rule. I went back after that changed and met two of my dad's nephews. It was a real treat for me."

She said she also visited Italy, once with her husband and once with her adult children.

"My husband was Italian, and I met his family. I learned to speak a little Italian," Foltting said. "The trips to Italy and Czechoslovakia weren't through the travel agency. I paid for them."

She said she didn't always live in Kingwood but said she believes it's a wonderful place to live.

"I'm from Michigan. My grandson and great-grandchildren all



Submitted photos

Mary Jane Foltting, right, and her sister, Julia

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

live in Maryland. I didn't have many living relatives in Michigan when I came here to visit prior to moving here," she said. "When my children moved to Morgantown, my son asked me why I didn't move with them. I told him I was thinking about moving into assisted living. He said he bought a house in Kingwood that had a basement apartment. And told me I had three choices: assisted living, living in his small house in Michigan or moving in with him. I chose moving in with him. Now I'm close to my children and grandchildren."

She said she is a staunch believer in family and thinks people have lost a lot of the closeness they had had in the past.

"People are so split up. Families used to live close to each other. I have a family member in Italy and one in Arizona. When you are that far apart, you don't

see the changes that take place in family over the years and you miss the important little things," Foltting said.

She said she has two special rules she lives by.

"I think it's important to be giving. I think giving of one's self brings back 100 fold," Foltting said. "Yes, some people take advantage of your generosity, but I have no regrets. I've been volunteering since my kids were teenagers. In 1965, I volunteered at the first hospice in Michigan. If in fact we are to be as Christ expects us to be, we must give of ourselves. That's what Christianity means to me."

She said her second rule is not to carry a grudge.

"Don't carry grudges. You can't change the past. It's a new day," Foltting said. "I think I've had a good life, and I wish I could share it with others."

At right, Mary Jane Foltting and her grandson, Rowen



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Did you know?

Socialization in midlife can have a profound impact on individuals as they approach their golden years. A 2019 study led by researchers at University College London found that being more socially active in your 50s and 60s predicts a lower risk of developing dementia later in life. The study used data from a previous study that tracked more than 10,000 participants between 1985 and 2013. Participants in the study completed cognitive testing from 1997 onwards. Researchers found that someone who saw friends almost daily at age 60 was 12 percent less likely to develop dementia than someone who only saw one or two friends every month. Strong associations between social contact at age 50 and subsequent dementia were also uncovered. The study supports the idea that remaining socially active in one's 50s and 60s can benefit long-term cognitive health.





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SENIOR MONONGALIANS

JULY'S UPCOMING EVENTS and SPEAKERS

- **Tuesday, July 1** at 10:30 a.m.
Smart Phone Class

Matt from AT&T will lead this class about using your smart phone. He will cover questions from how to turn on the phone, using email, to connecting watches and other devices to your smartphone.

- **Thursday, July 3** from 10:30 a.m. to 12:30 p.m.

4th of July Party

Summer is well underway and it is time to celebrate the founding of our nation. Join us for a fun morning of root beer floats, games, and more. Keri from Renaissance Care will be hosting a root beer float stand. Our kitchen will be serving up all the summer favs. Let us know that you will be coming by calling 304-296-9812.

- **Friday, July 4**

CLOSED for the Independence Day Celebration. We hope your Fourth of July is sparkly and filled with fun.

- **Tuesday, July 8** 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, July 10** from 10 to 11:30 a.m.
Blood Pressure and Glucose Screenings
Students from WVU's School of Pharmacy will be offering free blood pressure and glucose screenings. Monitoring these values can prove invaluable in caring for your overall health.

- **Friday, July 11** at 10 a.m.
Bingo with Village Caregiving

Megan from Village Caregiving will lead a few games of bingo and award prizes to the winners. Bring a friend or two along to add to the fun. Stick around to take a chance at winning a little extra spending cash during our weekly 50/50 Cash Cover All Game.

- **Friday, July 11** from 1 to 5 p.m.
Car Fit by WVU School of Occupational Therapy

Car Fit is a program to ensure that you are in the best sitting position and mirror

location. As the years go by, we may pick up habits of sitting in our car or fixing our mirrors that may seem to be the best. This free service being offered through the WVU School of Occupational Therapy will help you find the optimum seating distance from the wheel, mirror positioning, and more to make your driving more comfortable and provide a little safer trip. Pull up in front of our center in the Mountaineer Mall and one of the students will be ready to help you. The evaluation and service will take around 15-30 minutes.

- **Thursday, July 17** at 10:30 a.m.
Summer Craft with Morgantown Health Care Center

Melody from the Morgantown Health Care Center will bring the fun with her during this fun summer crafting event. Come see what all the excitement is about.

- **Friday, July 18** from 9 a.m. to 1 p.m.
Foot Care Clinic

Are your dogs barking? Could you use a little help taking care of your foot care? Anita from Mountaineer Sole Care hosts a Foot Care Clinic that can help you with all of the above. During your 30 minute session you will receive: a foot bath, toe nail trim, evaluation of corns and calluses, and a foot massage. This service is \$45. Make your appointment by calling 304-368-2819.

- **Friday, July 18** at 10 a.m.
Sponsored Bingo

Enjoy a morning of bingo and maybe you will win a prize. Bring a friend or two to add to the fun. Stick around to take a chance at winning a little extra spending cash during our 50/50 Cash Cover All game.

- **Tuesday, July 22** 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, July 26** 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.

OTHER SERVICES/PROGRAMS

FARMER'S MARKET COUPON DISTRIBUTION

Each year the Department of Agriculture offers coupon books to assist older adults purchase fresh fruits and vegetables from local vendors at area Farmer's Markets. This year the coupon books have a total value of \$30. These coupons are available to Monongalia County residents aged 60 or older, that fall within the household income guidelines. Senior Monongalians is currently distributing these coupon books on Wednesdays, Thursdays, and Fridays from 1:00 p.m. to 3:30 p.m. If you are interested in signing up for these coupons, please bring a photo ID and know what your household income (either monthly or yearly income) is.

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. To check your eligibility or to get more information regarding this program, call 304-296-9812.

With the ever-rising costs of fuel and maintenance on our vehicles, we ask for a donation to help defray some of these costs. The suggested donation is \$2 per day.

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 workweek.

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. If you are interested in the home delivered program, call 304-296-9812.

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Watch out for red flags of scammers

BY DEB MILLER, JD

Volunteer with WV Senior Legal Aid



We have all heard that there are plenty of scammers out there, but we don't usually know when they are zeroing in on us.

Alice was in the midst of selling vintage family clothing on a free website that listed items for sale. It was easy to use, and she was happy to think of making some money.

One morning she got a response about selling a light-weight lady's jacket. A person named Paul Harton said it was a very good price, and he wanted

to buy it.

She wondered why a man would want the jacket, but didn't ask him. When Alice replied that she could meet in a public place that afternoon for the sale, he was agreeable. For personal security reasons, she never met anyone at her house for a sale.

He then asked that she send him a photo of her wearing the jacket. She had posted two photos of the jacket with the listing, so that was unusual.

Actually, it was a red flag.

Alice was nervous about doing anything like that because she was aware that is how predators work. She emailed that she wasn't able to do that because she was not at home.

Then Paul replied that he was

sorry to hear that she couldn't do that, but he thought Alice probably had cute feet and could she send a photo of them?

Double red flag!

Many who would really like to make a sale then comply. After all, if that would result in money, it would be OK, right?

But the bottom line is that there will be no money. This predator is simply collecting victims. This type of scammer does not intend to make a purchase, but for their strange reasons, they want photos of strangers.

Alice then challenged him by saying that no one else on this sale website had ever asked for such a photo. Did he really intend to follow through with a purchase? He then said well, have a

happy weekend.

Alice did feel upset but was so glad she hadn't taken any photos for the creep. She hoped she would never hear from him again.

She very well could. He would just use another name and try the same ploy.

Dishonest people don't mind victimizing others.

Some might look the other way if they think they could make a sale by complying with the scammers' requests. But the scammer isn't going to spend any money because then they would reveal who they are. Besides, they can get people to comply for free.

Alice checked the internet on whether there were any fraud remedies on the site itself, but the

company didn't do any investigating or enforcing.

She had not lost any money, so she didn't feel law enforcement would get involved.

Although she could file a complaint with the Federal Trade Commission, they also do not investigate individual situations.

All in all, from her reading about such scammers and their devious ways for years, Alice was happy that she was prepared when one tried to take advantage of her.

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.



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Why swimming is so good for your body

ON THE COVER: Swimming helps to improve or maintain bone health, particularly among post-menopausal women. (MetroCreative photo)



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

MetroCreative

Engaging in fitness activities that are enjoyable can increase the likelihood that a person will remain committed to routine exercise. In addition to being fun, swimming is an exercise that benefits the entire body. It's also ideal for people of all ages, as the buoyancy of water reduces the strain on muscles and joints.

Healthline reports that an hour of swimming burns almost as many calories as running, without all the impact to the bones and joints. Many people who commit to swimming each week may have no problem getting the recommended 150 minutes of moderate activity or 75 minutes of vigorous activity each week recommended by various health organizations. Here are some of the ways swimming is good for your body.

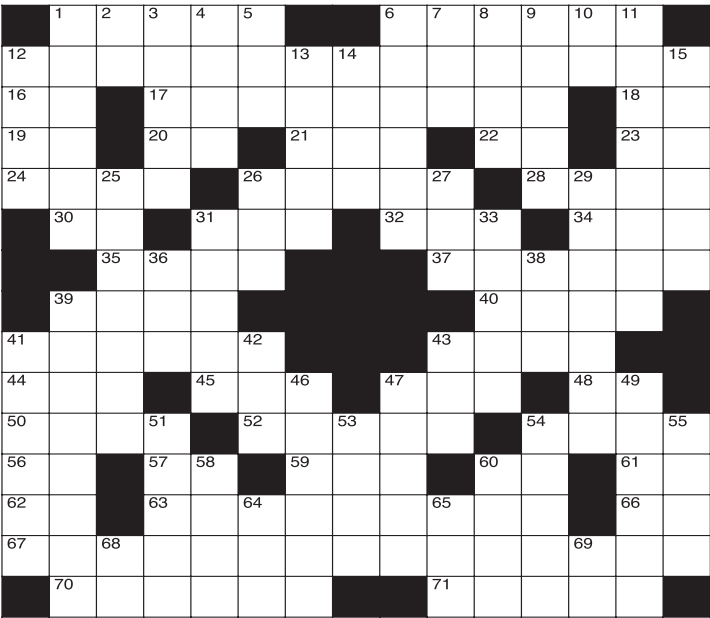
- Engages the entire body: Swimming works just about all the muscles of the body. Various swimming strokes can enable a person to focus on certain muscle groups, if desired.
- A thorough cardiovascular workout: Swimming increases heart rate without stressing the body. The fitness level can be customized and gradually built up so that one can increase strength and endurance.
- Reduces body fat: Swimming can help many people slim down. According

to Harvard Medical school, a 155-pound person can burn about 432 calories swimming versus about 266 calories walking at a moderate pace for the same duration of time. A 2021 study published in BMC Sports Science, Medicine and Rehabilitation revealed that 16 weeks of swimming led to significant reductions in body fat and BMI among those studied.

- Improves heart health: Research has linked swimming to a reduction in blood pressure and additional benefits related to improved cardiovascular health.
 - Enhances lung volume: Swimming involves deeper breathing and can strengthen the muscles involved with respiration, says Everyday Health.
 - Improves quality of life: Older adults who swim may experience decreased rates of disability and improved quality of life. Swimming helps to improve or maintain bone health, particularly among post-menopausal women. Water-based exercise also is low-impact and builds strength.
 - Improves mental health: The Centers for Disease Control and Prevention notes that swimming can improve mood in both men and women. Swimming may decrease anxiety, and exercise therapy in warm water can improve symptoms of depression.
- These are just some of the health benefits associated with swimming.

Did you know?

Grilling is a popular summer-time tradition, but it's important that individuals avoid overdoing it in regard to the consumption of grilled meats. According to the Columbia University Irving Medical Center, cooking over an open flame exposes individuals to two main carcinogens: heterocyclic aromatic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs). Studies have shown that HCAs and PAHs can develop in meats cooked over an open flame and cause changes in DNA that may increase cancer risk. Though this does not necessarily mean individuals should avoid grilling altogether, grilling in moderation and shortening the amount of time meat is exposed to open flames may reduce the risk of exposure to HCAs and PAHs.



CLUES ACROSS

1. Notes

6. Long-haired dog breed

12. ESPN's nickname

16. Spanish be

17. Disadvantage

18. Of I

19. Actor Pacino

20. On your way: ___ route

21. Fifth note of a major scale

22. Companies need it

23. News agency

24. Faces of an organization

26. Ponds

28. Samoa's capital

30. Partner to "Pa"

31. Adult male

32. Cool!

34. Used of a number or amount not specified

35. No No No

37. Hosts film festival

39. British place to house convicts
40. Made of fermented honey and water

41. Chief

43. College army

44. Thyroid-stimulating hormone

45. Consume

47. One point north of due east

48. For instance

50. Brews

52. Alaskan river

54. Not soft

56. Atomic #22

57. "The Golden State"

59. "The world's most famous arena"

60. Larry and Curly's pal

61. One billion gigabytes

62. Conducts inspections

63. Malaria mosquitoes

66. Unit to measure width

67. Features

70. Affairs

71. Letter of Semitic abjads

CLUES DOWN

1. Follower of Islam

2. Trauma center

3. French young women

4. Norse god

5. U.S. commercial flyer (abbr.)

6. Merchant

7. Peyton's younger brother

8. Jungle planet in "Star Wars" galaxy

9. Tree-dwelling animal of C. and S. America

10. "Pollack" actor Harris

11. Stuck around

12. Put on

13. Influential Norwegian playwright

14. Christian __, designer

15. Fulfills a debt

25. Style

26. More (Spanish)

27. A baglike structure in a plant or animal

29. Remedy
31. Disturbance

33. "The Martian" actor Matt

36. Express delight

38. Brooklyn hoopster

39. 1900 lamp

41. Motionless

42. One's mother (Brit.)

43. Relative biological effectiveness (abbr.)

46. Compels to act

47. Gardening tool

49. Ancient country

51. Frightening

53. Wimbledon champion Arthur

54. Popular plant

55. Database management system

58. Gasteyer and de Armas are two

60. Where soldiers eat

64. Tenth month (abbr.)

65. Illuminated

68. Atomic #18

69. Adults need one to travel

Schedule, organize and move on to new adventures

BY IRENE MARINELLI

for The Dominion Post



We have moved in, more or less. Actually, “less” paints a more accurate picture. We still visit the old house daily to clean up, give the yard some care and pack, pack, pack. Pierre is always happy to be in the house he has loved since being brought to it as a small puppy. He has partially accepted his new home, but is still cautious and suspicious of the slippery floors and the unfamiliar back yard.

Now that the big move is behind us, I feel obliged to send out some signals to those of you, my gentle readers, who may be contemplating a big move and downsizing in the near future. I am not a moving expert, not at all, but having so recently gone through this difficult process,

I want to share some things we did well and some we could have done better.

First before setting a moving date, we measured each room in the new house. I transferred those measurements onto graph paper. Next came measuring our own furniture, right down to the small end tables. Those measurements were also noted on graph paper and then each piece of paper furniture was cut out. This enabled me to plot the arrangement of our furniture in our new rooms. I’m not sure if this was an efficient use of time, but it did help when I had to direct the movers to different rooms in the house.

Next we interviewed several moving companies and hired Country Roads. A great decision! Their good humor, diligence and expertise helped the move go smoothly. After setting the moving date I looked at my calendar and counted the days until the move. A schedule, on paper of what we should do each day came next. Since we were moving less than 10

minutes away from our former home we had been packing things for many weeks, storing them in the garage at the new house. There is a downside to doing this unless you think well ahead and pack things needed for daily living in your new place, once the old house is empty of furniture.

That schedule was a real benefit. It helped us carefully go over each room in the old house and the back yard, noting what needed to be done before we put the house up for sale. Looking over that “to do” list we were able to schedule contractors for every job, inside and outside the house. These appointments were written down, then posted on the fridge as well as scribbled onto the kitchen calendar. While all this was going on, Rob and I took several trips to Pennsylvania for different concerts and plays in which our grandchildren participated.

On moving day, I arrived at the new house ahead of the movers. I posted different colored signs at the entrance to

each of the bedrooms, noting the color of the rugs in each room. For example, the bedroom with a gray rug had a gray sign. This did help the movers easily find the correct rooms when I directed them by using the colors. As the men brought in each piece of furniture, I directed them throughout the house and the garage. We had only a few glitches. I had misdirected them in placing 3 pieces, but this was quickly rectified by our very obliging movers.

Moving can be difficult, physically and emotionally. My last piece of advice to anyone downsizing is this: Do it while you are still physically able and start the decluttering process as early as possible. You’ll be glad you did!

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

How the body changes with age

MetroCreative

Aging is an inevitable component of life. Young children often cannot wait until they get older because of the freedoms that seemingly come with being more mature. On the flip side, adults often wish they were young again. Time waits for no person, and with aging comes many changes, many of which manifest physically. The following are some components of healthy aging that go beyond graying hair and wrinkling skin.

Bones, joints and muscles

According to the Mayo Clinic, with age bones may become thinner and more fragile. Joints will lose their flexibility, while muscles lose mass and strength, endurance and flexibility. These changes may be accompanied by a loss of stability that can result in balance issues or falls. It's common for the body frame to shrink, and a person may lose a few inches from his or her height. A doctor may suggest a bone-density test or supplementation with calcium and vitamin D to keep

bones as strong as possible. Physical activity that includes strength training can help keep muscles strong and flexible.

Body fat

As muscle mass diminishes, body fat can increase. The Merck Manual indicates that, by age 75, the percentage of body fat typically doubles compared with what it was during young adulthood. The distribution of fat also changes, which can adjust the shape of the torso.

Heart

Organs in the body also age, and cells begin to die off, making those organs work less efficiently. The heart is one such organ that changes with age. It pumps more than 2.5 million beats during one's lifetime. As a person gets older, blood vessels lose their elasticity, and the heart has to work harder to circulate blood throughout the body, reports Johnson Memorial Health. Exercise can help keep the heart as strong as possible.

Urinary tract and kidneys

The kidneys become smaller as a person ages, which means they may not be able to filter urine as effectively. Urinary incontinence may occur due to hormonal changes or because of an enlarged prostate. Furthermore, the bladder may become less elastic, leading to an urge to urinate more frequently.

Memory and thinking

Older adults experience changes to the brain as they age. Minor effects on memory or thinking skills are common and not usually cause for worry. Staying mentally active by reading, playing word games and engaging in hobbies can help. Following a routine and making lists (as multi-tasking may become challenging) are some additional ways to address memory issues. These are just some of the changes that can come with aging. Generally speaking, exercising, using the brain and adhering to a balanced, healthy diet can help keep the body functioning well into one's golden years.



Solution to puzzle on page 9

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

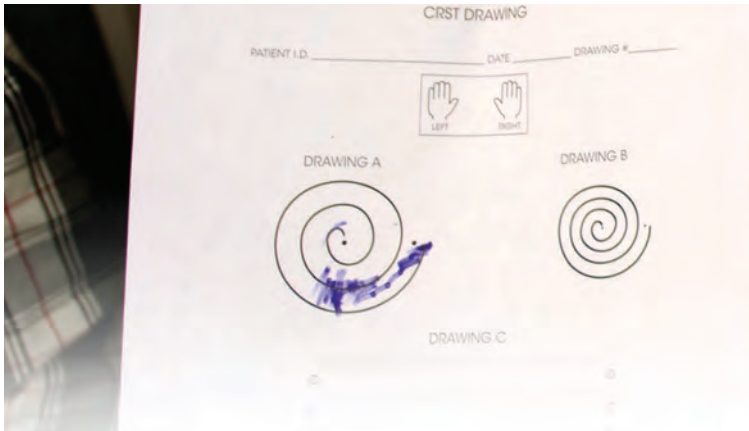
The following locations are for Preston County residents only:

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



“You don’t have to just live with it”

– Ann Marie Murray, MD
Movement Disorders Division Chief

COMPREHENSIVE MOVEMENT DISORDER CENTER

At the WVU Rockefeller Neuroscience Institute, we have specialized therapies, so no patient has to live with tremor. Our patient-centered approach starts with knowing your story and, through our advanced therapies, getting you back to living your life.



Call 304-598-6127 for an appointment or scan the QR code for more information.

