

Senior Post

Living well and gracefully through the golden years

**Exercises
to keep
seniors fit**

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Did you know?

Anyone with diabetes can develop diabetic eye disease, though some groups are more affected than others.

According to the National Institute of Diabetes and Digestive and Kidney Diseases, African Americans, American Indians and Alaska Natives, Hispanics/Latinos, Pacific Islanders, and older adults are at an elevated risk of diabetes-related vision loss or blindness. It's also important that pregnant women with diabetes recognize the risk of eye problems. The NIDDK reports that women with diabetes can develop eye problems very quickly during pregnancy. Women who have already been diagnosed with diabetic retinopathy, the most commonly diagnosed diabetic eye disease, may



have their condition worsen during pregnancy. The link between diabetic eye disease and pregnancy has to do with the changes a woman's body undergoes when she is with child. The NIDDK notes that changes the body undergoes to support a growing baby can put stress on the blood vessels in the eyes. Damaged blood vessels can harm the retina, thereby increasing a woman's risk for diabetic retinopathy. Individuals with diabetes who are at a heightened risk for diabetic eye disease, including pregnant women, can speak to their physicians about what they can do to protect their vision in the short- and long-term.

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Listening to good advice

Preston County judge reflects on journey

BY JENIFFER GRAHAM

DPNews@DominionPost.com

Preston County Circuit Court Judge Steven L. Shaffer, 71, said adding a second judge has lightened his docket. He said before Judge Hilary Bright was elected, his docket was unmanageable.

"I was averaging between 13 and 21 hearings a day," he said. "If you have a new abuse or neglect case, you have to work it in. It's the same with a juvenile case or a bond hearing."

Shaffer said, due to the number of priority criminal cases, the civil cases were at the bottom of the list, and the list grew.

"I'm handling the felony cases. Judge Bright is working on the civil cases, the guardianship

cases and the domestic violence cases, and we split the abuse and neglect cases," Shaffer said.

Bright has been able to set scheduling and civil trial dates through the rest of the year and into 2026.

Shaffer graduated from high school in 1972. He said his plans were to be a doctor or a lawyer.

"My mother wanted me to go to college," Shaffer said. "None of my siblings had that opportunity."

He said when he was 18 years old he wrecked a motorcycle.

"I spent 182 days in a body cast," Shaffer said. "Being 18, I wanted my freedom."

Shaffer said following the accident, he went to work with a construction crew.



Jeniffer Graham/For the DP

Preston County Circuit Court Judge Steven L. Shaffer in his courtroom

SENIOR CENTERS AND FACILITIES

Monongalia County

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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

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North Preston Senior Center

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

Preston County Senior Citizens

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Rowlesburg Senior Center

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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

"In 1975, I was 23. I was married and my father told me to go to Martinka Mine and get a job."

Shaffer said he took his dad's advice. "He was my father and I listened to him. My dad worked for 49 years in the mine."

Shaffer said he got the job and worked in the mine from 1979 to 1997.

"On Sept. 12, 1997, I got an 11-ton piece of equipment dropped on me," Shaffer said. "They gave me disability and I went to law school. I graduated in 2003 at the age of 49."

He said his doctor was instrumental in his decision.

"Dr. James Wiley saved my leg," Shaffer said. "He told me

my leg might be disabled but my mind wasn't. He said I needed to go to law school. He was the third older person whose advice I took."

He said while he was in law school, attorney Ron Brown let him intern with his firm during summer break.

"He gave me a job when I graduated. I listened to Ron Brown."

Shaffer said in January 2018, he was trying to make up his mind if he should run for the position of Circuit Judge.

"Jim Dailey, who I deeply admire and respect, talked to me about what I should do," he said. "I listened to Jim Dailey."

Shaffer said another person he listened to was Justice Larry Starcher. Starcher was acting judge when Shaffer was elected.

"He told me I had to listen to every case and keep in mind these (people who came before him) are all individuals."

"All of the people I have talked about have been a good bit older than me and have experience in every facet of life," Shaffer said.

"Seniors have a wealth of knowledge and experience they should use to teach the younger generation about how great America is. The best I can do is keep active and be a participant," he added.

SENIOR MONONGALIANS

SEPTEMBER'S UPCOMING EVENTS and SPEAKERS

● **Monday, Sept. 1**
Closed for Labor Day

● **Tuesday, Sept. 2** at 10 a.m.
Drums Alive

Since we were closed yesterday, today we are going to get into the rhythm Of Drums Alive. This fitness option brings music and drumming movements together for a fun filled workout. All the exercises are done while sitting. This class is free to seniors.

● **Wednesday, Sept. 3**
Line Dancing
Line dancing class is canceled for this week.

● **Thursday, Sept. 4** at 11 a.m.
Birthday Party with Peak Health
Chelsea from Peak Health will be hosting a Birthday Party for all the September babies. Join us for all the fun and cake.

● **Friday, Sept. 5** from 10 a.m.
Bingo with Renaissance Care
Keri from Renaissance will lead a few games of bingo and award prizes to the winners. Bring a friend and get out of the summer heat and into the sizzling fun of bingo.

● **Tuesday, Sept. 9** at 10 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, Sept. 11** at 10:30 a.m.
What Are Home Health Services?
Amber from Stone Rise will discuss what exactly are services included in home health services. This presentation will help you understand these types of services if you would happen to need them.

● **Friday, Sept. 12** at 10 a.m.
Bingo with Village Caregiving
Andrea from Village Caregiving will lead a few games of bingo and award prizes to the winners. Get out of the summer heat and into the sizzling fun of bingo. Bring a friend or two along with you.



● **Tuesday, Sept. 16** at 10 a.m.
New Treatment for Chronic Pain and Neuropathy

Ryan from Abbott will discuss a new treatment that is available for those dealing with chronic pain and the effects of neuropathy.

● **Wednesday, Sept. 17**
Line Dancing

Line dancing class is canceled for this week.

● **Friday, Sept. 19** from 9 a.m. to 1 p.m.
SENIOR EXPO

The Senior Expo is an information and wellness fair. It gives older adults and their families the opportunity to speak directly with local businesses and agencies offering products and services focusing on the older population. Stroll through our center and the hallway of the Mountaineer Mall and visit all the exhibitors. The expo will feature a vaccine clinic, raffles, door prizes, lunch, and more. Check out our social media pages to see a list of exhibitors and events.

● **Thursday, Sept. 25** from 10:30 a.m. to 12:30 p.m.

Fall Festival

Help us to celebrate the beginning of the fall season during our Fall Festival. "Lifted Spirit" will entertain the crowd with a mix of country and gospel tunes.

● **Friday, Sept. 26** at 10 a.m.
Bingo with Care Partners

Goble from Care Partners will host a few games of bingo and award prizes to the winners. Bring a friend or two along to add to the fun.

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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.



SENIOR PANTRY PROGRAM and SENIOR PAWS

Grabbing odds and ends at the grocery store or placing an order over the internet is just a normal part of the day for most of us. Although, for our home-bound clients getting groceries, household items, personal care necessities, or pet food at the drop of a hat is usually impossible. Want to reach out a helping hand to these seniors? Senior Monongalians has opened the Senior Pantry Program and Senior Paws.

How does the Pantry and Senior Paws work? When a home-bound client has a need for a nonperishable item, hygiene, or even pet care items; they can fill out a request form and give it to their HDM driver. Once the item is obtained, it will be delivered to the client by their meal delivery driver. The goal is to be able to fill the request within a couple days. This is an on-going program. We need your help gathering pantry items. Those that would like to help can purchase needed items. Monetary donations are also greatly appreciated. Please specify that monetary donations are for the Senior Pantry Program. Feel free to call the office at 304-296-9812 for a list of most needed items.

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The mistakes surrounding a quitclaim deed

BY DEB MILLER, JD

Volunteer with WV Senior Legal Aid

Some people mistakenly view a quitclaim deed as a cure-all property transfer method.

The traditional purpose

is to allow a person who is unsure of their ownership rights in real estate to use a quitclaim deed to transfer all of those unknown rights to one or more recipients, known as grantees.

The owner, called the grantor, transfers the property with no guarantee that the title is clear and free of defects.

A quitclaim deed is the opposite of a general warranty deed in

which the grantor does guarantee that he is conveying a clear title.

Although it is an incorrect name, this type of deed is called a quick claim deed by some. There is no such deed.

Some view a quitclaim deed as a document to be used for any type of transfer, whether they know what their ownership rights are or not.

Some also think that they can prepare it themselves because it appears to be a relatively simple deed.

But that is generally a mistake.

When considering any type of property transfer, consult with an attorney. Every property is unique and treating the transfer in a generic way is not appropriate.

Having a lawyer prepare the deed correctly avoids a defect in

the chain of title. In every deed, the wording is crucial and even every comma counts.

The cost of a new deed on a residential or non-business property will generally be in the hundreds of dollars, not the thousands. Paying this amount protects current and future legal rights.

When a quitclaim deed is involved, the grantee(s) of the property should be especially interested in making sure everything is correct. Through a title search, a lawyer can explain what property and rights they will be receiving. To avoid later issues that can cost a lot more, the grantee may want to pay for the deed and title search.

A recent example of a quitclaim deed gone bad involved a homemade quitclaim deed a woman

prepared to transfer partial ownership in her home to her new husband.

But she did not do that.

A quitclaim deed transfers to the grantee all of the ownership rights the grantor holds, just as many other types of deeds do.

Unaware of what she had done, she learned after her husband died that her five step-children had inherited the property from their father.

The unhappy widow had not intended that result. She no longer had any ownership rights in her home because of the messed up deed she had prepared and had recorded at the courthouse.

In addition to getting property ownership messed up, there can be other unintended consequences from handling a deed

on a do-it-yourself basis without understanding the legal situation. Future Medicaid eligibility for long term care and loan arrangements with financial institutions can be negatively impacted by such homemade deeds, among other things.

Also, the transfer may be totally ineffective, causing the owner to retain the property after all.

Real estate is an important asset to own and having it dealt with professionally saves time, effort and money today and in the future.

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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Exercises to keep seniors fit



ON THE COVER: Physical activity is crucial for people who aspire to maintain their overall health as their bodies age. (MetroCreative photo)

SENIOR CENTER ACTIVITIES

Westside Senior Center

The volunteer-operated center is open from 9 a.m. to noon Monday through Friday at 500 Dupont Road in Westover. Our exercise room is available when the center is open.

BINGO: Bingo every Wednesday at 6 p.m. Doors open at 4 p.m. and kitchen open at 5 p.m. No reserved tables. Cards are \$5 each (e.g. - 4 cards are \$20 and 6 cards are \$30). Concessions.

CARDS AND GAMES: Tuesday and Thursday mornings are especially active for our card plays and anyone is invited to join in. Playing usually starts around 9:30.

DULCIMERS: They get together on Tuesday mornings to play and practice. They welcome anyone who would like to learn also. Judy Werner leads this group, and it is enjoyable to just sit and listen.

LINE DANCING: We now have line dancing classes on Wednesday morning at 10:15 a.m. The classes are designed for beginners, but all are welcome.

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

Physical activity is crucial for people who aspire to maintain their overall health as their bodies age. Exercise improves flexibility, contributes to a healthy weight, reduces the risk for chronic illnesses, and may even help seniors maintain their independence well into their golden years.

The good news is that exercising regularly doesn't have to be high-impact or strenuous to make an impact. Plenty of exercises are geared toward seniors that feature gentle yet powerful movements, and address specific needs like strength, bone health, cardiovascular health, and balance. Although many fitness routines are safe, it is best to consult with a doctor or another health care professional prior to beginning a new regimen so seniors learn which activities are appropriate for their individual needs and health conditions. As seniors prepare for those discussions, they can explore the following exercises many of their peers already enjoy.

Cardiovascular activities

It's important that seniors elevate their heart rates and improve or maintain their endurance. The Centers for Disease Control and Prevention recommends 150 minutes of moderate-intensity aerobic exercise per week. These activities fit the bill for boosting the heart.

- **Brisk walking:** Walking is a simple activity that requires no equipment and can be done almost anywhere—even in front of a television. Walk at a brisk pace to raise your heart rate.

- **Swimming:** Swimming and water-based activities are enhanced by the buoyancy of water, which reduces stress on the joints.

- **Cycling:** Whether riding on a station-

ary bike or a traditional one, cycling is a low-impact way to boost cardiovascular health and strengthen leg muscles.

- **Chair marching:** Individuals with limited mobility can march in place while seated, an activity that can still elevate the heart rate.

Strength training

The CDC advises engaging in strength training at least two days per week for older adults. This doesn't necessarily have to involve lifting weights. Body-weight exercises are quite effective, too.

- **Stand up:** From a seated position, standing up without using hands and sitting back down works the legs, hips and core.

- **Wall push-ups:** This modified push up builds upper body strength without putting strain on shoulders or wrists.

- **Resistance bands:** Using these bands in varying strengths can effectively work arm and leg muscles.

Balance

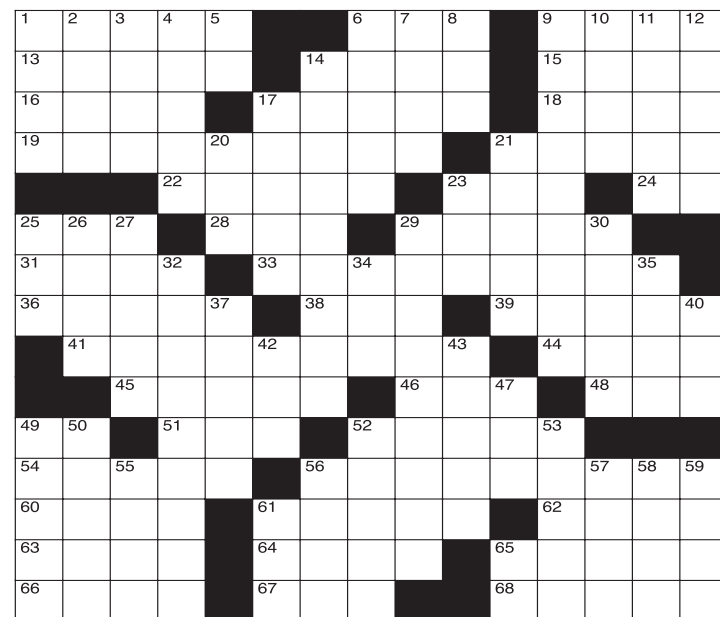
Seniors need to focus on exercises that promote balance, which can help prevent dangerous falls.

- **Single-leg stands:** Standing on one leg while holding on to a chair or counter for support is a start, with a gradual build-up for longer lengths of time.

- **Sobriety walk:** Individuals can walk a straight line as if they are proving sobriety to a police officer, by placing the heel of one foot directly in front of the toes of another.

- **Gentle hop:** Hopping (or stepping) gently from one foot to another is another balance technique to master.

These are just some of the exercises that are ideal for seniors who are returning to exercise or new to daily fitness. People also can work with trainers who are experienced at helping seniors get fit.



CLUES ACROSS

- Fairly large
- Barrels per day (abbr.)
- Cover the entirety of
- Leafy appetizer
- Showy ornament
- Norse personification of old age
- Athletes
- Closes tightly
- Attack via hurling items
- Where the reserves stand
- Sword
- Begat
- Damage another's reputation
- Northeast
- Turf
- For each
- Hours (Spanish)
- Western state
- One who offers help
- Flanks
- A woolen cap of Scottish origin

- Free from drink or drugs
- Tunnels
- Mature
- More dried-up
- News organization
- Steal something
- Forms one's public persona (abbr.)
- Female fish eggs
- Small petrel of southern seas
- Edible starches
- Historical
- In a place to sleep
- Horse grooms
- Off-Broadway theater award
- Chinese dynasty
- Resembling a wing
- Small projection on a bird's wing
- Of the Isle of Man
- Derived unit of force (abbr.)
- Plate for Eucharist

CLUES DOWN

- Vipers
- Ancient city in Syria
- Slog
- Emits coherent radiation
- "Pollock" actor Harris
- Bleated
- Monetary units of Afghanistan
- Tooth doctor
- One who takes apart
- Commoner
- Beat poet Ginsberg
- Cave deposit material
- Home energy backup
- Begets
- Face part
- Frocks
- Hill or rocky peak
- Giving the impression of dishonesty
- About ear
- Male parents
- Popular grilled food
- Vaccine developer
- Not conforming
- Polite address for women
- 1970 U.S. environmental law
- Astronomical period of 18 years
- One who fights the government
- Center for Excellence in Education
- Watches discreetly
- An electrically charged atom
- Hymn
- Arabic given name
- Popular pie nut
- City in Zambia
- Species of cherry
- John __, British writer
- Be next to
- Make angry
- Give birth to a lamb or kid



The significance of exercise is well documented, and that even goes for seniors. But in the case of exercise, can there be too much of a good thing? Should seniors be exercising every day? Seniors can exercise most days, but daily, intense workouts are not necessary. Cedars-Sinai says adults 65 and older should aim for between 2.5 to 5 hours of moderate exercise each week, which aligns with recommendations from the Department of Health and Human Services. Seniors crunched for time can engage in

between 1.25 and 2.5 hours of intense aerobic exercise each week. The Centers for Disease Control and Prevention recommends 150 minutes of moderate-intensity exercise per week. That can translate into 30 minutes of daily exercise for five days, or it can be broken up into other intervals as necessary. Strength and balance training also should be a consideration. Seniors should keep in mind that overdoing intensity or length of workouts may contribute to injury, which can derail efforts to get fit.



BY IRENE MARINELLI
for The Dominion Post



Friendship has a biological inheritance for the human species. A close relationship among people living in groups, whether they lived in caves or out in the open in mammoth-bone huts, was imperative for their safety and survival. Communal sharing of stories, work, food and warmth against the incredibly long, harsh winters was the only way early people could survive and thrive.

In our modern age, friendship can be seen as the ideal relationship. In a true friendship, there is genuine equality. No one is in it for any kind of gain. The longest-lasting friendships are held together by mutual appreciation of each other's qualities. According to several studies close

friendships, especially as we age, can give us longer and healthier lives.

When we were very young, we made friends quickly through school and outside activities. Sports and other group activities brought us together with those who had similar interests. Hopefully, we also had at least one close friend and confidant. All our friendships were face-to-face. Some probably proved to be very short-lived, ending when we moved on with our lives. Others may have lasted far into our adult years, in spite of long distances between us. That's not true in the modern technological era. The rapid rise in technology where we are able to "friend" anyone on our phones puts a different twist on the meaning of friendship. These new far-flung friends are people we can converse with but will probably never meet. It can happen that a true, close friendship can develop from such a source, but it is rare. The list of such "friends" can be long, almost endless, but is it possible to come to know such a large number of people

on a deeper level without ever having met them? This often long list of technology-found friends can more readily be called a list of acquaintances.

Aging can lead to feelings of isolation. Our bodies are not as agile; our minds not as quick. Our children may have moved far away, too far for frequent visits back and forth. Sadly, we may lose our spouse or partner to death or divorce. Isolated and alone, we can feel disconnected from life, from joy and purpose. Close friendships at such a time can be a lifeline, pulling us back into companionship, support, contentment and even safety. They offer emotional support and caring during the transitions that come with life and with aging. Close, abiding friendships matter very deeply as we age and circumstances change.

It's interesting how friends in older age can share and understand each other on a peer level that may not be possible with our adult children, no matter how close the relationship. There is a sense of mutual understanding between friends who have many years of similar experience behind them.

There is an empathy between them when life gets rough and a sense of shared joy during the good times. Such deep friendships require time to build and attention to maintain, keeping them strong and healthy.

There is such contentment and satisfaction in knowing we have someone in our lives to share our thoughts, our problems, our joys and deepest sorrows. If we have a marriage partner who is also our best friend, we are fortunate indeed. If not, we have good friends who are always there for us; friends who walk with us in shadow and sunshine; friends who listen quietly, attentively when we talk of problems and when we share our joys. As we go into our elder years, good friends become a gift to be enjoyed and nurtured.

Irene Marinelli writes a regular column for Senior Post. Contact her at dpnews@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
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The Suites at Heritage Point

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PineRidge, Kingwood

Daily dietary habits that benefit seniors over the long haul

MetroCreative

Food fuels the body throughout the day, ideally providing the energy people need to make the most of each day. But the foods people eat are more than just fuel. Indeed, a delicious meal is hard to forget, and that underscores how significant a variable flavor can be when people choose the foods they eat.

Flavor is certainly important when choosing and preparing meals, but it cannot be the only variable that determines what people eat. That’s true for everyone, and especially notable for seniors. Age-related changes to the body should affect seniors’ approach to diet. The National Council on Aging notes that metabolism slows as bodies grow older, which means seniors require fewer calories to fuel their daily activities than they needed when they were younger. That’s just one of the many notable things seniors should consider when designing their daily diets.

- Plan a well-rounded diet.

School children learn the basic food groups as youngsters, and it’s good for seniors to keep those long-ago lessons in mind when planning their daily diets. The American Heart Association notes the importance of incorporating fruits, vegetables, whole grains, dairy, and proteins into daily diets. In regard to dairy, the AHA advises consuming the equivalent of three cups of low-fat (1 percent) or fat-free dairy each day. When picking a protein source, the AHA identifies eggs, fish, lean meat, legumes, nuts, and poultry as healthy and protein-rich foods. Even polyunsaturated and monounsaturated oils like olive oil and peanut oil can be healthy.

- Resolve to read more labels. Aging adults need not study nutrition to identify what they’re putting into their bodies each time they take a bite. The NCOA notes that food labels are useful sources of information that can indicate how much fat, sodium and added sugars are in a given

item. Seniors should be especially vigilant when trying to avoid foods that contain a lot of added sugars, which can contribute to weight gain. That’s notable given seniors’ naturally slower metabolisms.

- Practice portion control. It’s not necessarily the foods seniors eat but how much they eat that can derail their efforts to maintain their overall health. Seniors’ recommended daily calorie intake varies by both gender and activity levels. Guidelines from the U.S. Department of Health and Human Services notes women 61 and over who are moderately physically active should consume roughly 1,800 calories per day, while those living an active lifestyle are advised to eat around 2,000 calories per day. Moderately active men age 66 and older are advised to eat 2,400 calories per day, while active men between the ages of 61 and 75 should aim for 2,600 calories per day. When reading food labels, pay attention to calo-

ries per serving, as that can act as a useful guide to control portions. The National Institute on Aging recognizes it can be hard to control portion sizes when dining out, and recommends seniors share an entrée or order from the appetizers menu when picking their main course.

The right daily dietary habits can help seniors live longer, healthier and happier lives, and picking the right foods does not require sacrificing flavor.

Solution to puzzle on page 9

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

In Medicine We Restore Lives

Your heart deserves world-class care, and it's always within reach at the WVU Heart and Vascular Institute.

Our team of leading cardiologists and heart, lung, and vascular surgeons provide comprehensive care — from preventive screenings to advanced minimally invasive procedures.

Whether it's exploring a new diagnosis, receiving advanced treatment, or maintaining your cardiovascular health, the WVU Heart and Vascular Institute is your primary resource.

With locations across West Virginia, Maryland, Virginia, Ohio, and Pennsylvania, you don't have to travel far to get the expert heart care you deserve.

 **WVU**Heart & Vascular
Institute

WVUMedicine.org/Heart



Our expert teams are here to provide you with nation-leading excellence with a close personal touch."

— **Vinay Badhwar, MD, FACS, FACC**
Executive Chair, WVU Heart and Vascular Institute