

Senior Post

Living well and gracefully through the golden years

**Be on alert
for scams
all around
us**

Page 6



OCTOBER 2025
A MONTHLY MAGAZINE BY

THE DOMINION
Post
dominionpost.com

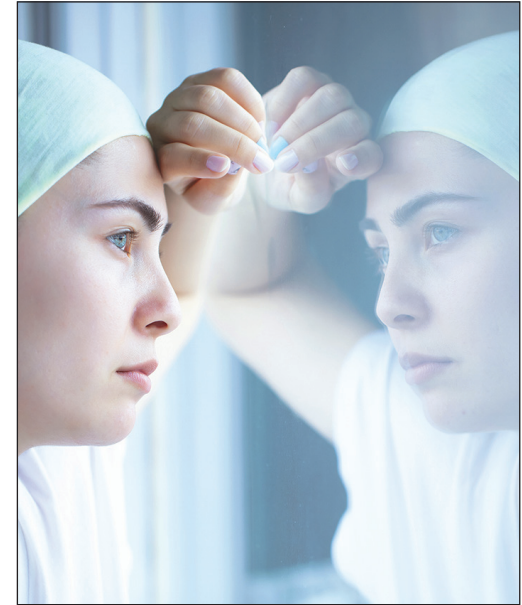
INSIDE

- 3 - Activities upcoming for Preston County Seniors
- 4 - Senior Monongalians' October schedule
- 6 - Be on alert for scams all around us
- 8 - Crossword
- 10 - Finding positive, joyful moments that flavor our days
- 11 - The impact of AI on senior health care experiences



Did you know?

A 2024 report from the International Agency for Research on Cancer indicated 71 percent of new cases of breast cancer across the globe were diagnosed in individuals age 50 and older. Though age is a known risk factor for various types of cancer, it's important that women recognize a significant percentage of breast cancer diagnoses in many parts of the world are made in women younger than 50. For example, nearly one in five of breast cancer diagnoses in both North America (18 percent) and Europe (19 percent) are made in women younger than 50, while almost half of all breast cancers in Africa (47 percent) are diagnosed in women who have not yet reached their fiftieth birthdays. Though such figures are affected by a number of variables, including the accessibility of screening procedures like mammograms, they speak to the reality that breast cancer can affect women at any age, a notion that underscores the significance of screening and the need to support efforts to make it more accessible in every corner of the globe.



Bringing care to where comfort is: YOUR OWN HOME

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

Services offered:

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

Benefits:

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

Our caregivers are:

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

Village Caregiving accepts:

- Private pay/family funded \$25/hr. (flat rate)
- Veterans Homemaker Program benefit
- Medicaid Aged and Disabled Waiver
- Medicaid Personal Care Service
- Long-term care insurance
- Some managed Medicare plans
- Various others (call for details)

**Lowest Hourly
Rates in the
Area
Guaranteed**

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



**Proud Provider
with the VA**



Providing in-home care for your loved ones



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

Busy season

Activities galore upcoming for Preston County Seniors

BY JENIFFER GRAHAM

DPNews@DominionPost.com

Fall and winter is a busy time for the Preston County Senior Citizens.

The group is launching a new program called congregate respite. The program gives a relief option for caregivers, and is designed to provide full-time family caregivers a temporary break from their intense daily responsibilities.

Caregivers who use the respite services are better able to handle their responsibilities and maintain their ability to continue taking care of their loved ones at home.

Tina Turner, director of Preston County Senior Citizens, said the program allows direct care workers to prepare light meals, do crafts, and social activities with the person they are caring for.



Jeniffer Graham/For the DP

Tina Turner holds up the queen-sized, hand-sewn quilt donated by Connie Harsh. The ticket drawing for the quilt will be held at the Fall Fest.

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

Turner said a trip to the Springs Folk Festival in Springs, Pennsylvania, is scheduled for Oct. 3. She said two buses will be going on the trip and will hold up to 62 seniors. Turner said seats are on a first-come basis. She said the cost of the trip will be \$20 plus meals. For more information, call 304 329-0464.

Turner said on Oct. 10, the yearly Fall Fest for seniors age 60 and older will be held at the Craig Civic Center. She said the doors will open at 9 a.m. and a covered-dish lunch will be at 11:30 a.m.

"We provide the meat and the main sides," Turner said. "This year's band will be Back in the Day. Admission is free. There will be vendors, and we'll be selling tickets for a drawing to win a queen-sized, hand-stitched quilt that was donated by Connie Harsh."

ed by Connie Harsh."

She said next on the list of events will be the 25 Days of Christmas. Turner said every dollar and item donated to the event will be handed out between Dec. 1 and 25.

"Last year, we were able to give away between \$100 and \$500 in gifts every day," Turner said. "We take donations of cash, services, gift certificates and gift items."

She said last year the center raised \$15,000 on tickets sold for the event. Turner said the money went toward purchasing a new home meals hot truck. She said anyone wishing to donate can bring items to the Kingwood office. Checks and gift cards can be mailed to Preston County Senior Citizens, P.O. Box 10, Kingwood, WV 26537.

"LAST YEAR, WE WERE ABLE TO GIVE AWAY BETWEEN \$100 AND \$500 IN GIFTS EVERY DAY. WE TAKE DONATIONS OF CASH, SERVICES, GIFT CERTIFICATES AND GIFT ITEMS."

— TINA TURNER, DIRECTOR OF PRESTON COUNTY SENIOR CITIZENS

SENIOR MONONGALIANS



OCTOBER'S UPCOMING EVENTS and SPEAKERS

•Wednesday, Oct. 1 at 11 a.m.

October Birthday Party with Peak Health
Chelsea from Peak Health will bring the party with her as she hosts the October Birthday Party. She'll bring the cake, you bring the fun.

•Friday, Oct. 3 at 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 or two with you to add to the fall fun.

•Tuesday, Oct. 7 from 10-11:30 a.m.

Blood Pressure and Glucose Screenings
Students from the WVU School of Pharmacy will offer free blood pressure and glucose level screenings to seniors.

•Tuesday, Oct. 7 at 10:30 a.m.

Medicare 101 with Etna
A representative from Etna will help you navigate the sometimes merky uses of Medicare. What is it? Who is eligible? What is the best way to take advantage of Medicare benefits.

•Friday, Oct. 10 at 10 a.m.

Sponsored Bingo
Enjoy a few games of bingo with chance of winning a nice prize or two.

•Monday, Oct. 13

CLOSED for Columbus Day

•Tuesday, Oct. 14 at 10:00 a.m.

Chair Exercise with Nathan
Nathan from Personal Touch will lead

this exercise that promotes stability, range of motion, and overall well being.

•Friday, Oct. 17 from 9 a.m. to 1 p.m. Foot Care Clinic

Anita from Mountaineer Sole Care will offer 30 minute foot care appointments. During this appointment you will receive a foot bath, toe nail trim, an evaluation of corns and calluses, and a foot massage. This service is \$45 per person. Make your appointments by calling Anita at 304-368-8924.

•Friday, Oct. 17 at 10 a.m. Bingo with Morgantown Health Care Center

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

•Friday, Oct. 24 at 10 a.m.

Bingo with Care Partners
Goble from Care Partners will lead a few games of bingo and award prizes to the winners. Bring a friend or two to add to the fall fun.

•Wednesday, Oct. 29 from 10-11:30 a.m. Corn Hole Tournament with Hearing Central

Stacia from Hearing Central is hosting a Corn Hole Tournament. Anyone 60 or older can play. The winner will walk away with a nice prize.

•Friday, Oct. 31 at 10 a.m.

Sponsored Bingo
Enjoy a few games of bingo with a chance to win a prize or two.

Want your quality time back?
Let us do the cleaning!



Susan D. Brown,
Owner

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

Call or Text 304.694.8498

cleaningservices.com.llc
everydaycleaningservices.us

Like us on  /cleaningserviceswv



Miracle-Ear®

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

Experience the
Miracle-Ear® Difference!

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

304-296-3357

Special Anniversary Offer

Buy One, Get One 75% Off
ANY MODEL

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

Free CaptionCall Phone with Professional Evaluation

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



Clint McCandless
Owner/Licensed Specialist



Be on alert for scams all around us



MetroCreative

The digital era has its benefits. People from all over are able to connect almost instantaneously. Computers have made fast work of many tasks that once took hours or days to complete. Information or even funds can be shared at the click of a button. But for all of the benefits technology has provided, there is a darker side to the connectivity of the modern world. What has become easier for the general public also has become easier from those looking to take advantage of others.

Scams and internet crimes are now commonplace. The Federal Bureau of Investigation reported that a record \$16.6 billion in losses due to scams were reported to them in 2024. The Pew Research Center indicates 73 percent of adults in the United States have experienced some kind of online scam or attack.

The office of Ken Paxton, the Attorney General of Texas, reports various ways to recognize scams, and that spotting these tactics can help people avoid being taken advantage of.

- Someone contacts you. When a party contacts you first, you can't be certain of their legitimacy. Also, email addresses and caller ID can be faked.

- Easy money is offered. Many scammers dangle a promise of some sort of financial gain, whether it's a prize or an easy loan. These are usually too good to be true.

- Personal information is requested. Be on alert any time someone asks for personal information, whether it's a bank account number or other identifying information. You could become a victim of identity theft.

- A request for money up front. If someone requests money to pay off a debt or to receive a prize, it is likely a

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

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



 **Sundale**
Rehabilitation and Long-Term Care

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

Located on JD Anderson Drive
Morgantown, WV

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

DENTAL Insurance

Great coverage for retirees.

Coverage for **cleanings, fillings, crowns** – even **dentures!** Get **dental insurance** from Physicians Mutual Insurance Company.



Get your **FREE** Information Kit

It's easy! Call or scan today

1-304-935-0131

Dental50Plus.com/Dominion

Get your Info Kit
SCAN NOW!



Product/features not available in all states. Contact us for complete details about this insurance solicitation. To find a network provider, go to physiciansmutual.com/find-dentist. This specific offer not available in CO, NV, NY - call 1-800-969-4781 or respond for a similar offer in your state. Certificate C254/B465, C250A/B438 (ID: C254ID; PA: C254PA); Insurance Policy P154/B469 (GA: P154GA; OK: P154OK; TN: P154TN). 6347-0125

Did you know?

Avid readers may feel there's nothing better than diving into a good book, but that book might be even more beneficial than they realize, particularly for older book lovers.

A 2016 study published in the journal *Social Science & Medicine* noted that reading books can promote empathy, social perception and emotional intelligence, notable benefits that researchers found contributed to a survival advantage.

Researchers behind the study noted book readers experienced a 20 percent reduction in risk of mortality over a 12-year

followup period than non-book readers. Equally notable among the researchers' findings was older individuals who read books enjoyed this survival advantage regardless of their gender, overall health, socioeconomic status or education levels.



scammer trying to take your money. There are many types of scams, and the following are some prominent ones.

- **Counterfeit merchandise:** A scammer can replicate the look of a legitimate retailer's website. Purchasing items online through a link may lead you to a counterfeit site selling merchandise that is not legitimate and/or will not even arrive.

- **Charity and disaster fraud:** Charity fraud scams typically emerge in the wake of a natural disaster or another sudden, tragic event. Scammers may target generous individuals through email, social media posts, crowdfunding platforms, and cold calls. Never donate to charities you have not verified as legitimate.

- **Cryptocurrency investment fraud:** Scammers convince victims to deposit more and more money into financial investments using cryptocurrency. These investments are fake and all the money is under control and stolen by overseas criminal actors, says the FBI.

- **Bogus debts:** You may receive

a message or threatening correspondence that demands payment on a debt that you haven't heard of. These scams work because some people are scared and take the bait. Legitimate creditors will produce proof of an actual debt.

- **Home repair scams:** Unsolicited companies may offer a limited-time deal and rope you into having a job done with materials left over from another job. Be very cautious in these scenarios, as they may take money and run.

- **Emergency scams:** These are sometimes called Grandparent Scams because they often target the elderly. A criminal may claim to be a friend or family member in dire need and request money. Some scammers sound like the person a senior knows thanks to technology that enables them to do so.

Scams are a continuous problem and everyone needs to be on their guard. Safeguard your personal information and avoid paying out any money without first conducting thorough research.

COMFORT AND JOY, where every season *feels like home*

Come home to West Virginia's premier luxury senior living community in Morgantown, where every day feels like a holiday.

- Inviting floor plans
- Chef-prepared meals
- Exciting activities

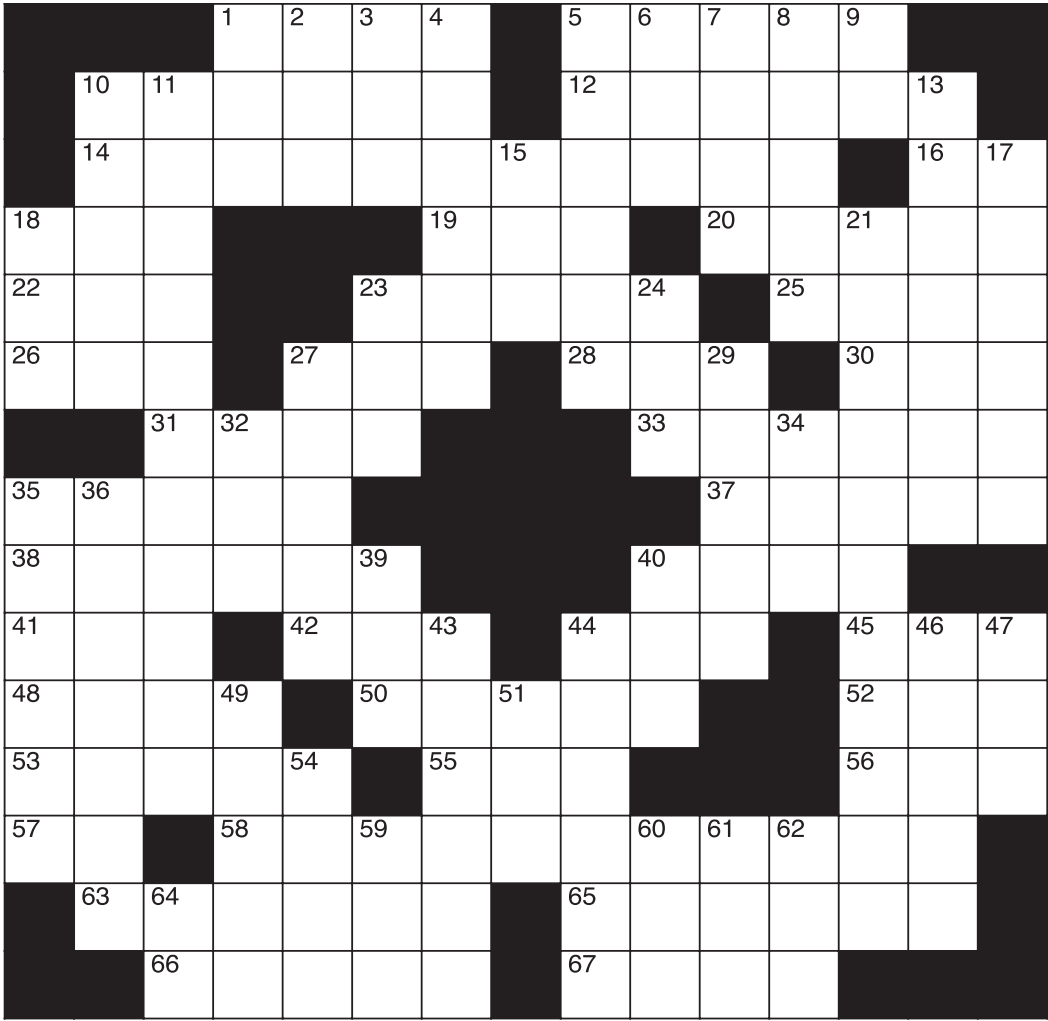
HERITAGE-POINT.COM



The Village
at Heritage Point

Mon Health Vandalia Health





CLUES ACROSS

1. Native American people of CA
5. Long periods of time (Brit.)
10. Classroom tool
12. Rods
14. One who renews
16. They start the alphabet
18. Periodical (slang)
19. Smooth singer Cole
20. Dorsal sclerites in insects
22. One from Utah
23. The world of the dead
25. Singer Redding
26. Mafia head
27. Wrongly
28. Unhappy
30. Anger
31. Dark olive black
33. Places to sit and eat
35. Made a mistake
37. Damp
38. Banned fuel type
40. Actor Damon
41. What thespians do
42. A polite address for a woman
44. Disallow
45. Swiss river
48. A banana has one
50. Afrikaans
52. Relative biological effectiveness (abbr.)
53. Agave
55. Journalist Tarbell
56. One-time tech leader
57. Incidentally (abbr.)
58. Intestinal bacterium
63. Loose sheats around the spinal cord
65. Accompanies nook
66. Vogue
67. Highly excited

CLUES DOWN

1. Witch
2. Utilize
3. Writing utensil
4. Where rockers work
5. Becomes less intense
6. Consume
7. Type of catfish
8. "Horsetown, U.S.A."
9. Atomic #50
10. The Muse of lyric poetry
11. Brings back to life
13. Humorous critiques
15. Cool!
17. Worst
18. Wet dirt
21. Useful
23. Hebrew unit of liquid capacity
24. High schoolers' test
27. Internet device
29. City in India
32. A place to rest
34. Chat responder
35. A way to move on
36. What consumers are given
39. Digital audiotape
40. More (Spanish)
43. Disfigured
44. White (Spanish)
46. Church building
47. Georgia rockers
49. Surgeon's tool
51. "Much ___ about nothing"
54. Make by braiding
59. Local area network
60. Unit of work
61. Indigenous person of Thailand
62. Liquefied natural gas
64. Distance to top

Solution on page 11

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

ARE YOU TURNING 65?

CALL TODAY! NEED HELP? QUESTIONS?

Call your Local Medicare Advisor Today 304-449-5560

We can help:

- Understanding Medicare 101
- Turning 65
- Free cost analysis of your current coverage
- What to do if you are new to Medicare
- Loss of Employer Coverage
- Free reviews of your current prescription plan - call for an appointment
- No Cost Consultation



ANNUAL ENROLLMENT PERIOD

OCTOBER 15TH THRU DECEMBER 7TH

Since 1999, we have been providing insurance to individuals, families, and businesses in Morgantown, West Virginia and the surrounding cities. We are pleased to be an independent agency, which partners with over a variety of insurance companies. This has allowed us to shop for our clients and find the best, most affordable policy for them. It's an easy experience for people and businesses since we do the work in getting a multitude of quotes!

We can help you find the right plan for your unique situation.

Specializing in Medicare Solutions



Helping Seniors in WV, PA, MD, OH, VA, MI, IN, FL, NC, SC, GA, MO, AZ, TX

Michael Cilella
Senior Health Advisor
Call 304-449-5560
mcilella@bostbenefits.com
cilellainsurance.com

Michael Ogden
Senior Health Advisor
Call 304-449-5560
mogden@bostbenefits.com
cilellainsurance.com



BOST Benefits is not associated with Medicare, Social Security, or any other governmental agency. Medicare has neither reviewed or endorsed this information. By contacting this number you will be directed to a licensed and certified sales agent. No obligation. We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact [Medicare.gov](https://www.medicare.gov) or 1-800-MEDICARE to get information on all of your options.





Finding positive, joyful moments that flavor our days

BY IRENE MARINELLI
for The Dominion Post



"From a biological standpoint, we are hardwired to focus on the negative."

— **Dr. Robyn Hanley-Dafoe**

Whether we live with a spouse, a partner or alone, there are probably times, even long stretches of time, when we are pulled down into negative thinking. We wonder where, how and when the next problem is going to hit us. Perhaps our days have lost their savor and getting up in the morning doesn't seem like such a bright idea. The gratitude that we always felt has gone into hiding. It's easy for negative thinking to pull us into shadows, especially these days when news stations and communication networks paint a dark picture of daily news. We may feel

compelled to "stay on top of things" yet we find ourselves depressed and stressed by the constant barrage of negativity and worse in the news broadcasts.

In our younger days productivity was the goal. Now, in this era of our lives we intentionally search for moments of simple joy and contentment to cultivate a sense of well-being in both body and spirit. The truth is there are small joys waiting for us, glimmers of pleasure and contentment we often miss because the crisis we are going through or the daily grind of life gets in the way. It's easy to fall into the habit of negativity.

Sometimes we worry about problems that may come up. Although wisdom tells us to plan ahead, worrying about a possible future problem that may or may not develop is a futile waste of our precious time and energy. Also it does us no good to persevere about past hurts and bad decisions. The past is irreversible; we cannot control the

future. All we have is the present and that present is full of precious, joyful moments just waiting to be discovered. Even the tiniest glimmer of life's daily blessings can lift our spirits. Waking up in the morning, walking, breathing, being alive. The philosopher, Abraham Joshua Heschel, wrote: "Just to be is a blessing. Just to live is holy". How right he was! If we are retired we have the gift of time. Instead of simply letting our days run together or trying to kill time, we should own it. We can put some sparkle in our days and evenings in so many small ways. We can allow the small joys and celebrations to stitch our days together like a colorful tapestry of days, weeks, years.

Celebrations are not limited to the holidays, birthdays and anniversaries. There are small joys in every day if we but know how to find them. Sometimes, even in retirement, we get ourselves into a situation where we are overworked, overtired

and overwrought. It is as though we are looking at the world with blinders on and can see only the messy problems we can't seem to clear up. That's the time to take off the blinders and look around. That's the time to we need to celebrate the small joys all around us. A long, hot shower after a long day, a woods walk through Autumn leaves, a summer afternoon watching hummingbirds at the feeders, a couple of chapters in that book we've been wanting to read, the back yard covered in a cloak of ermine snow in winter. We can put some small celebrations in our weeks, like setting aside an evening as Movie Night or claiming a day each month as a Free Day, a day without a single item on the "to do" list. There will always be problems to solve. Let's make sure there are always celebrations of small joys.

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
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

In Medicine We Celebrate Success

**Top 3% in the nation for
complex heart surgery.**

#1 in West Virginia.

The WVU Heart & Vascular Institute is West Virginia's leader in advanced heart surgery and cardiac care. Recognized among the top 3% of programs nationwide by the *Society of Thoracic Surgeons* and named a High Performing Hospital by *U.S. News & World Report*, our outcomes are ranked among the best in the country. With multiple national quality awards, world-first procedures, and global recognition, patients trust WVU Medicine when it matters most.

Learn more at: WVUMedicine.org/Heart



** WVU Heart & Vascular
Institute**