

Senior Post

Living well and gracefully through the golden years



Elaine Sapp

A retired nurse offering a helping hand

JULY 2021
A MONTHLY MAGAZINE BY

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Living well and gracefully through the golden years



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On the cover: Elaine Sapp standing on her front porch at her Preston County home. Photo by William Wotring.

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Core Senior Center

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Senior Monongalians

5000 Green Bag Road, Morgantown • 304-296-9812

Westside Senior Center

500 Dupont Road, Westover • 304-296-6583

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

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Why you need an attorney



BY DOREEN SEAMON
for The Dominion Post

The internet is a wonderful tool to learn about a myriad of topics, we can even watch YouTube videos that demonstrate exactly how to accomplish a variety of things. We ask Google, Alexa and Siri for television schedules, the weather report, and trivia questions. It used to be the younger generation who reached for their smartphone to look up the answers to questions that came up during conversation, but nowadays, it is folks of all ages.

In particular, I have noticed that a common question on Facebook groups is for an estate planning attorney in the area and while some attorneys are named, there is usually at least one suggestion to use an online option. The internet is a great place to get educated on estate and elder law issues, but I do not

recommend relying on that technology for our estate planning needs.

A good estate planning attorney asks about their client's goals as well as the client's family, concerns, assets and income. Usually, the attorney begins to gather this information as part of the intake process prior to the first consultation. As the attorney reviews this information, they usually see issues, perhaps red flags that they should follow up on. This valuable information helps to facilitate the meeting so that they can accomplish as much as possible in their time with the client. I often see that people answer the questions without understanding the legal significance of their answers. For example, the average person usually does not understand the importance of whether any of their heirs might end up on an asset tested benefit or if they do what their options are to provide for that person without disqualifying them from their benefits. Further, most people do not understand how a blended family can impact the estate, how

stepchildren and stepgrandchildren will be addressed, or the pros and cons of gifting property.

During a consultation, the above issues and so many others are discussed in detail. Most of the time, the client expresses how the information provided by the attorney helped them to not only make a better decision but also prevented them from making a serious mistake with their estate plan. Of course, those who do not take advantage of that legal information usually do not realize it because the complications occur when the documents are needed, meaning the person is either incapacitated or deceased. So it is their family who must deal with the consequences.

For example, I often see clients who purposefully do not mention estranged children since they do not want to include them as heirs, but that opens the door for that child to contest their parent's will. Or I see parents give their homes or some portion of own-

ership rights to their child to avoid probate, but they do not realize there are other options to accomplish that goal that are better for maintaining control and avoiding taxes. Or the parent who thinks they are doing their child a favor to add their name to all of their assets, but then has a car accident that exposes their child (as the co-owner) to the parent's liability.

Sometimes there are very simple solutions to what feels like a monumental issue. The best way to make sure you resolve your concerns without unknowingly causing larger issues is to work with an estate planning attorney who has considered these issues hundreds, if not thousands of times.

Doreen L. Seamon, J.D. is an attorney with Seamon Law Offices PLLC. Her experience includes elder care and estate planning. She writes a regular column for Senior Post. Contact her at columns@dominionpost.com.

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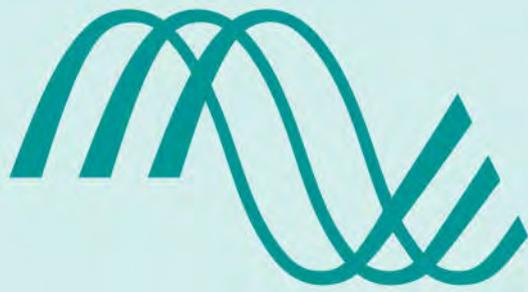
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Elaine Sapp

A retired nurse offering a helping hand

Story by Jeniffer Graham | Photos by William Wotring

Elaine Sapp stands in front of her Preston County home.

KINGWOOD - When 96-year-old Elaine Sapp was deeded her family home by her aunt, she was elated. The House was built in 1865 by Irish immigrants.

"My grandmother bought the house with money from her father's Civil War pension," Sapp said. "Her daughter Freda (Sapp's aunt) inherited from her. Later, I came and took care of her (Freda) and she deeded it to me. It has 11 rooms and takes a good bit of work."

Sapp said a lot of the furniture in her home is antique. She said her bed is an antique brass bed that belonged to her aunt.

Sapp said although the house was a generations home, she grew up in Cleveland, Ohio and went to nursing school there.

"She said when first started working at the hospital, she saw the first artificial kidney the hospital had.

That was not all she witnessed.

"A Japanese mother and three children who survived the bombing of Hiroshima were brought to our hospital to be treated," Sapp said. "I saw firsthand what happened to them. People have no idea of the horror of that bomb."

She said one of the students that attended nursing school with her was of Japanese descent from Washington State.

"Her father worked on Japanese boats. When the war came, the families were separated and she ended up in Cleveland and was in nursing school with me," Sapp said. "Two years after the restrictions were released she went to Vancouver to be reunited with her family."

While working at the hospital Sapp met her future husband, who was from West Virginia. They were married and later moved to Morgantown.



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"I got a job at University Hospital (now Ruby)," Sapp said. "My husband worked at the Green Bank Observatory for three years, and then he got a job at University Hospital. He was an electronics technician. He built our first radio and our first television set. Later, he became a technician on the Goodyear Blimp."

She said she worked at University Hospital until she retired. Her daughter went to nursing school and also worked there.

Sapp said she hasn't given up nursing, although she is 96. She said she takes care of her grandson who is disabled and also helps friends and neighbors when they need her.

Sometimes, she said she reminisces about the past.

"I liked to do dishes with my mother. We would sing hymns together. That was back during the Depression," Sapp said. "I have my grandfather's violin. He played it at dances during the Depression."

She said she will never forget an incident that happened in 1935 when she was in the 5th grade.

"Everybody used to ride the trains back then, actors and actresses, news reporters everybody," Sapp said. "One day in school

when we returned from lunch one of the boys in my class didn't return. The teacher looked for him but couldn't find him. The next day she came in and told us he wouldn't be with us anymore, he was with God."

Sapp said she later found out what happened.

"His dad worked part time on the railroad and word came out that my schoolmate hanged himself," she said. "There wasn't much to eat at their house, and the night before his dad came home and said there was one too many mouths to feed. He said he would have to kill the boy's pet rabbit. My schoolmate hung himself and when they found him there was a note pinned to his shirt. It said, 'Please don't kill my rabbit. Now there is one less mouth to feed.'"

Sapp said the story was reported on the national news.

"Soon right after that, President Roosevelt had an investigation and the government began to hand out commodities for depressed families," she said. "I remember that the boy's name was Eugene, and he was in my class. I was 10, so he would have been about 10 or 11 years old. I'll never forget him."

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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, 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.

Respite Care Program

As of Jan. 3, Respite Care Program went to three days a week, operating from 9 a.m. to 3 p.m. Mondays, Wednesdays and Fridays at Suncrest United Methodist Church, 479 Van Voorhis Road, Morgantown.

There are openings for all three days.

This program is for caregivers who need a break from the loved ones they are caring for. Bring your loved ones to church, and they will be taken care of while you deal with other responsibilities. Two registered nurses are on duty and willing to answer any questions. There are also several volunteers helping with those in the program.

Monthly Rates

One day each week: \$120 per month

Two days each week: \$240 per month

Three days each week: \$360 per month

Payment at the beginning of each month is appreciated, but it can also be made in two payments. There are times when the program closes, including legal holidays, when the church building is closed, when there is a school closing, Easter week, Christmas week and New Year's week. The program will begin on time during two-hour school delays, unless weather or dangerous roads dictate otherwise.

To learn more or find out if the program is operating, call the church office at 304-599-6306.

Note: Most area senior centers are closed during the coronavirus pandemic.



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Senior Monongalians Events and activities

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

SENIOR MONONGALIANS REOPENS - After a long 15 months, Senior Monongalians has, with the guidance of the WV Bureau of Senior Services, has reopened to seniors. Acknowledging that we serve the most vulnerable population, we are taking added social distancing precautions by limited the number of visitors to 25 people at a time. Limited activities will be added as advised. Senior Monongalians appreciates your patience and understanding as we endeavor to return to a normal schedule of events and activities.

INDOOR DINING RETURNS - Seniors are invited to join us for a hot, delicious lunch in our air conditioned lunchroom. Currently lunch capacity is limited to 25 people per day. Lunch is served from 11:30 a.m. to 12:30 p.m., Monday through Friday. Older adults aged 60 or older are eligible to eat on a donation basis. A suggested donation is \$2.00. Lunch is available on a first come, first served basis. Menus are available on our Facebook page, our website: www.seniormons.org, and at Senior Monongalians. All menus are subject to change without notice.

GRAB & GO LUNCHES AVAILABLE - For those who are more comfortable eating their lunch at home and/or tired of cooking, we offer a Grab & Go lunch program to older adults aged 60 years or older. This service is offered Monday through Friday. Reservations are required. Make your reservations by calling 304-296-9812 from 8:00 a.m. until 10:30 a.m. A staff member will bring your hot lunch to you curbside. Grab & Go lunch is at a donation basis. A suggested donation is \$2.00.

PROGRESSIVE BINGO - Now through July 2nd - The games have already begun, but there is still time to get in on the fun and prizes! Each day those visitors participating in our indoor lunch or Grab & Go lunch program will receive five (5) new numbers. Once you have a good bingo on your disposable bingo card, verify it with the front desk. The first person to verify their bingo will win a prize. Those that have good bingos but haven't received an initial prize will be entered into a **second chance drawing**. The second chance drawings will feature a variety of prizes and will occur at the end of the Progressive Bingo event. Progressive Bingo is available to fully vaccinated lunch participants. They also must be WV residents and aged 60 or older.

INDEPENDENCE DAY - Senior Monongalians will be CLOSED on Monday, July 5th for the observance of the Independence Day celebration.

ACTIVITIES AND EVENTS - Bingo sponsored by community businesses and agencies will return to our activities schedule in July. Keep watching our Facebook page and the Senior News section of *The Dominion Post* for more details. If you are a local business or agency that offers products or services to older adults and would like to sponsor a bingo session at Senior Monongalians, please call Vicki at 304-296-9812. Sponsorship includes providing prizes for each game.

COVID-19 FUNERAL EXPENSE ASSISTANCE - A new funeral payment assistance program related to COVID-19 deaths since January 2020 is available through FEMA. Individuals can apply for the funeral expense reimbursement by calling FEMA's Assistance Line, 844-684-6333. Calls will be accepted from 9:00 a.m. through 9:00 p.m. Expect to answer a series of questions in order to get the registration process started. Also expect to make several call attempts before reaching a program representative. Phone lines have been very busy.

COVID-19 VACCINE PRIORITY - Seniors in the 65+ age group have priority status for receipt of the COVID vaccine. Seniors who call the COVID Vaccine Hotline, 833-734-0965, will receive an appointment time at the Monongalia County vaccine clinic at the old Sears location in the Morgantown Mall (near the I-79 Westover exit). Seniors who have received all required COVID vaccines should continue to follow best safety practices: Wear a mask in public, frequently wash hands and observe social distancing.

• WV COVID-19 Vaccine Hotline: 833-734-0965

West Virginia-based individuals will provide information about COVID-19 vaccine schedules. Seniors without a computer should use this number to register for the COVID-19 vaccine. The hotline is available Monday through Friday 8:00 a.m. to 6:00 p.m. and Saturday 9:00 a.m. to 5:00 p.m. The hotline is not available on Sunday.

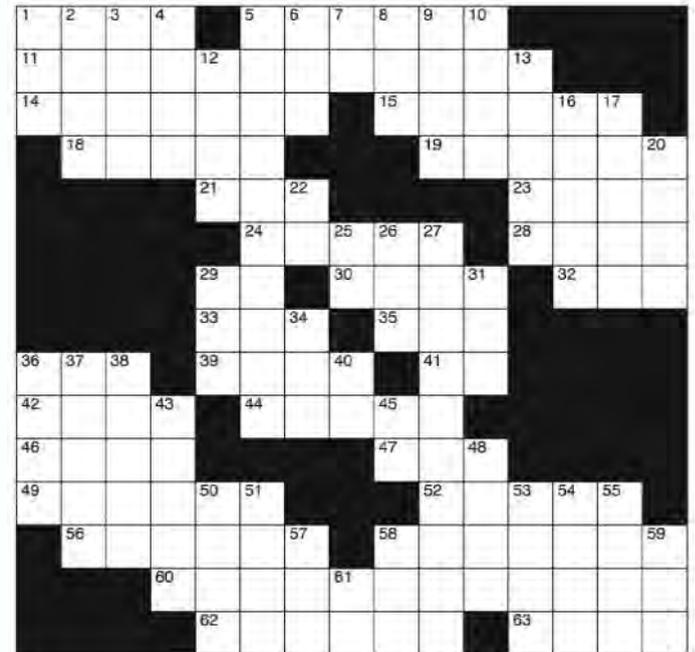
• WV Emotional Support Hotline: 844-435-7498

West Virginia-based counselors are available 24/7 to provide immediate help for West Virginians of any age who are struggling with stress, fears, anxiety, and/or an addiction.

• WV United Way-sponsored information and support

Hotline: 2-1-1 (a three-digit phone number)

Dial 2-1-1 to speak with West Virginia-based individuals who are trained to provide information and support in the areas of COVID-19, finances, health, housing, food, disabilities and domestic concerns.



CLUES ACROSS

- | | |
|--------------------------------------|-------------------------------------|
| 1. Absence of difficulty | 35. Electronic data processing |
| 5. Preserve a dead body | 36. Driver's licenses and passports |
| 11. Gratitude | 39. Snakelike fishes |
| 14. The act of coming together again | 41. Military flyers |
| 15. More cushy | 42. Raincoats |
| 18. Visionaries | 44. Type of community |
| 19. Fish-eating bird | 46. Feature of worm's anatomy |
| 21. Indicates near | 47. In the center |
| 23. NY Mets legend Tommie | 49. Laid back |
| 24. Icelandic poems | 52. Jewelled headdress |
| 28. Pop | 56. In slow tempo |
| 29. Hammer is one | 58. ___ Falls |
| 30. Senses of self-esteem | 60. Saying things again |
| 32. Trigraph | 62. Periods in history |
| 33. Not around | 63. Hyphen |

CLUES DOWN

- | | |
|--------------------------------------|---------------------------------------|
| 1. Body part | 29. Woman (French) |
| 2. Mimics | 31. Sunscreen rating |
| 3. Expel or eject | 34. Brew |
| 4. Sea eagle | 36. Mosque prayer leader |
| 5. Subdivision of cenosespecies | 37. Indigo bush |
| 6. Dialect of Chinese | 38. Burn with a hot liquid |
| 7. Mr. T's character on "The A-Team" | 40. Jr.'s father |
| 8. Consumed | 43. Scad genus |
| 9. Chinese dynasty | 45. Morning |
| 10. NFL great Randy | 48. Length of a straight line (abbr.) |
| 12. Ireland | 50. Double curve |
| 13. Palm trees | 51. Small thin bunch |
| 16. Fungal disease | 53. Worn by exposure to the weather |
| 17. Willis and Jerry are two | 54. Mars crater |
| 20. Affirmative! | 55. Humanities |
| 22. Potato state | 57. Of the ears |
| 25. "The First State" | 58. "To the ___ degree" |
| 26. A way to develop | 59. Residue |
| 27. Associations | 61. It keeps you cool |

Decorating around family living is no easy matter



BY IRENE MARINELLI
For The Dominion Post

There are moments when I wish I had the time and the talent to embellish and decorate, with style, every room in our house. Five children grew up here, along with a slew of pets: Dogs, cats, rabbits, guinea pigs, even a very friendly white rat. Now that Rob and I live here alone with only Pierre, it does seem like decorating one room at a time, creating order and comfort, beauty and style should not be a totally impossible goal.

The kitchen seems like it might be a good place to start. When we moved into this house, the walls in the large kitchen boasted three different wallpaper patterns, all leftovers from other rooms. The cabinets were painted a dark green and muddy-brown indoor-out-

door carpeting covered the floor. In time, we were able to renovate the room, removing the cabinets, carpet and appliances, stripping the wallpaper. A new five-burner gas range replaced the old stove and an outside wall was bumped out to install two large electric ovens. Natural wood cabinets replaced the ugly green ones. When the workers left and the materials were cleared away, we had the lovely, streamlined kitchen I had imagined.

As weeks and months went by, this beautiful and functional new room began to take on the typical family clutter that seems to creep into every space like a determined amoeba. The counters filled up with small appliances; the stand mixer, coffee maker, toaster oven, microwave, a large utensil holder, paper towel pole. Drawers and cabinets soon bulged with things and more things that were used often enough to belong nowhere but the kitchen. The fridge found its shining black front cov-

ered with pictures, quotes and cartoons.

A large window over the double sink looks out onto the patio, birds feeders, the pool and gardens. On the windowsill above the sink, a variety of glass containers holds cuttings in water. A family calendar, a host of special cards and pictures from the grandchildren adorn the walls. The effect is one of happy clutter instead of lovely decor and streamlined efficiency. I keep reminding myself of the good times and good food this kitchen has held; all of us sitting around the table waiting to dig into a pan of lasagna bubbling with an aromatic tomato sauce and rich with cheese, or stuffed cabbage, hot from the oven, with a bowl of chilled sour cream to accompany it. Hot soup simmers on the stove in winter; cold shrimp salad and iced tea wait in the fridge in summer.

In the other downstairs rooms, tables, buffets, mantels and walls hold family pictures

and houseplants. Small cushions crowd couches and chairs. The resulting look is one of comfort rather than decor. There is nothing in any of the rooms that can be hurt by usage, even when the grandchildren come. They play house or store or race through the rooms in games of hide-and-seek. They take over the tables with their puzzles and drawings. Indeed, I need to accept that this house, while it may be cluttered with the paraphernalia of living, is not just a house, but also a home. I'm always glad to open the door and step inside, whether my time away has been long months of travel or a short shopping trip. Perhaps it isn't as well decorated as it could be, but the door is always open to friends and to our adult children and the grandchildren. Our friends and family all come to fill the house with good talk, laughter and fun.

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

Assisted living and residential care communities

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



The Wellness Works Food Pantry

Serving those with dietary needs

Peggy Savage (left) and Alix Evans check expiration dates on packaged food at the Wellness Works Food Pantry. Submitted photo.

BY JENIFFER GRAHAM
The Dominion Post

KINGWOOD — The Wellness Works food pantry is the largest food pantry in Preston County. It provides food for those needing special diets. The food pantry is operated by Catholic Community Charities Raymond Wolfe Center.

“We provide food on an individual family basis,” Alix Evans, director of the food pantry said. “It is especially important to meet the needs of those with medical problems like diabetes, those on a salt-free diet and those with dental problems.”

She said some people with dental issues are unable to chew certain foods. “We let them individually chose the food they can eat,” she said. “We’ll ask would you like this? If there is a birthday in the household, we will include cake mix.”

She said the pantry also stocks food that can be eaten without being heated or cooked.

Evans said sometimes senior clients can’t come in to pick up their food. She said in those instances someone else can pick it up for them.

“We work on the Senior center’s schedule,” she said. “Seniors can call the senior center and have a driver pick up and deliver their food.”

She said the Raymond Wolfe Center has a \$1,700 grant from the Tucker Community Foundation. The grant allows Evans to purchase some of the food for the wellness center.

Raymond Wolfe also distributes pet food when it is available.

Evans said the center is collaborating with the Preston County Extension office to provide Eating Smart — Being Active classes for the community.

“We provide USDA food for the program, and Belinda Nicholas teaches the classes at the extension office,” she said.

Nicholas said the classes will be ongoing.

She said the interactive hands-on-classes are designed to teach participants how to make healthy lifestyle choices and be more physically active. The classes teach participants how to cook healthy meals, gives tips for saving money, allow participants to sample new foods and receive recipes, and learn how to keep food safe.

The classes are held from 1-3 p.m. Thursdays. For information or to join the classes, call Nicholas at 304-329-1391.

TWEET@DominionPostWV

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
304-296-0221

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

Salvation Army
Monongalia County
1264 University Ave., Morgantown
304-296-3525
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 on availability.

The Connecting Link
235 High St., Morgantown
304-296-3300

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





"I had a TCAR procedure because it was less invasive, and I was able to go home the following day. **The WVU Heart and Vascular Institute saved my life.**"
- Angela Harr, TCAR patient

TCAR: An innovative, less-invasive treatment option for carotid artery disease

Trust the experienced surgeons at the WVU Heart and Vascular Institute, like Angela Harr, of Fairmont, did when she needed treatment for her carotid artery disease.

Expert surgeons at the WVU Heart and Vascular Institute offer transcatheter carotid artery revascularization (TCAR), a minimally invasive treatment for patients with carotid artery disease. TCAR is a leading-edge procedure that provides patients an alternative to traditional surgery.

Our board-certified surgeons are the only surgeons in north central West Virginia and the surrounding region performing TCAR, which is designed to reduce the risk of stroke. The procedure takes approximately 60-90 minutes, and patients are typically discharged the next day.

The WVU Heart and Vascular Institute provides the only comprehensive vascular care in the state and region. We are not only the leader in heart, lung, and vascular care in the state but also a national leader in innovative, revolutionary therapies and approaches to patient care.



WVUHeart & Vascular
Institute

Learn more at WVUMedicine.org

Appointments: Call 855-WVU-CARE

You can now schedule many of your
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