

# Senior Post

*Living well and gracefully through the golden years*

**Peggy Savage**

*Volunteering, quilting and fishing*

**AUGUST 2021**

A MONTHLY MAGAZINE BY

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*On the cover: Peggy Savage with her dog Abby. Submitted photo.*

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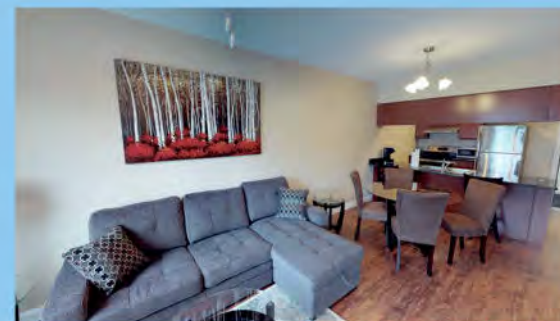
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# Senior centers and facilities

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## Preston County

### Newburg Senior Center

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### Preston County Senior Citizens

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### Terra Alta Senior Center

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# Celebrating our sons and daughters



**BY DOREEN SEAMON**  
for The Dominion Post

Each year, Aug. 11 is celebrated as National Son and Daughter Day. It is the perfect day to celebrate our love for our children. The earliest record of this unofficial holiday goes back to 1936 when J. Henry Dusenberry first had the idea, when a boy asked him why there was a day to celebrate mothers and fathers but not children. The focus of this holiday is to think about how much you love and appreciate your children of all ages. At one point, at least 22 states celebrated this day. In 1972, a Florida Congressman lobbied to make it an official national holiday, but it still remains an unofficial holiday.

Most parents of younger children feel that nearly every day is focused on their children,

but as we get older the tables begin to turn. As an estate and elder law attorney, I see amazing children who sacrifice quite a bit to help their parents as they age. I am often touched at how much love and care so many adult children provide to their parents, sometimes at the sacrifice of their own children or grandchildren. People often express that we do not take care of our elderly anymore and while there are many examples of that, I've been blessed to meet some pretty amazing "kids" over the years.

I have many stories, but a few come to mind. For example, I once worked with an elderly man who was a little difficult when I met him, but he had four children who all came into the office with him. The children were so patient, making sure that his wishes were fulfilled, they were trying to figure out how to keep him safe at home for as long as possible. I worked with them for quite some time before I learned that Dad was actually not a great Dad to those kids,

but they still worked as a team and did everything they could for him. I was amazed that even though their father wasn't there for them, they were there for their father.

Another family had a few adult children that lived in the area, there was so much love in this family because they had wonderful parents. Unfortunately, both parents were in and out of the nursing home. This roller coaster of decisions has huge health and financial consequences often causes friction among the children, but not these kids. They visited their parents almost every day, regardless of whether they were at home or in the nursing home. They did everything they could to make sure their parents knew they were loved and respected, they also kept their sense of humor which kept their parents' spirits up.

While those children were amazing because they all worked together, often it is only one child trying to take care of everything

on their own. Although it's nice that they don't have anybody to fight with, they also do not have anybody helping them. One "kid" comes to mind who was actually a senior citizen himself, but he not only worked closely with us with one parent, but then a second parent as they went through various health issues. Never once did he complain or get frustrated with the situation.

If you are lucky enough to have awesome parents or awesome children, make sure you take a moment to let them know how much you love and appreciate them. Don't assume they just know how you feel, it's pretty nice to hear it too!

*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](mailto:columns@dominionpost.com).*



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Submitted photo

Peggy Savage with her dog, Abby.

## Peggy Savage: Volunteering, quilting and fishing

**BY JENIFFER GRAHAM**  
for The Dominion Post

Peggy Savage likes to stay busy. She was a cafeteria manager and cook in the Preston County School system for 30 years. She said back when she worked in the school system, all the food served in the cafeterias was prepared in-house by the cooks.

She said although she sometimes worked in other schools, she mainly worked at the one in Arthurdale.

"I've lived in Arthurdale all my life," Savage said. "I live in the house my parents bought when I was in the 6th grade. It's one of the original Arthurdale (New Deal) houses."

After retiring from the school system in 2007, Savage turned her energy to volunteering at Catholic Community Charities Raymond Wolfe Center. She also took care of one of her senior neighbors for five years.

"I have a new granddaughter," Savage proudly said. "I take care of her two days a week."

Her husband, Jim Savage, is a member of the Preston Honor Guard and has served as

president of the Vietnam Veterans Post 977 for the past seven years.

Savage, her husband and members of Post 977 help unload the trucks that bring food for the county food pantries.

"I enjoy volunteering at the Raymond Wolfe Center," she said. "I enjoy meeting the clients who come in and handing out the food."

When she's not spending time with her family or volunteering, she is involved in her two favorite hobbies, quilting and river fishing.

"I like to quilt. The 88-year-old I took care of taught me to quilt," Savage said. "I like to make the old time quilts. The ones you cut the pieces out for and put together."

She said one of her quilts was auctioned off at the Terra Alta VFW to raise money for the Wounded Warriors Project. Another quilt won a blue ribbon at the Buckwheat Festival.

When she isn't quilting, Savage likes to fish.

"Jim and I are river fishers and we enjoy camping," Savage said. "We love to catch and

eat trout. Until a few years ago, we used to go salmon fishing in New York."

She said not all of the fish she and her husband catch end up in the skillet.

"We only keep what we are going to eat or freeze for later. We release the others back into the river," Savage said.



Submitted photo

Peggy Savage catches a few fish.

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Metro Creative Connection

The efforts of researchers and public health officials in developing safe and successful COVID-19 vaccines was nothing short of historic. Vaccines typically take years to develop, but a combination of factors enabled researchers to make COVID-19 vaccines available to vulnerable populations by December 2020, or roughly nine months after the World Health Organization declared a global pandemic.

Researchers had already conducted years worth of vaccine research on human coronaviruses, which the Centers for Disease Control and Prevention notes were first identified in the mid-1960s. That research proved invaluable as pharmaceutical companies raced to produce COVID-19 vaccines. In addition, a less linear approach to testing and vetting vaccines than was traditionally applied in past outbreaks enabled the vaccine to be

rolled out more quickly, potentially saving millions of lives.

Men and women over the age of 65 were among the first groups to be given the COVID-19 vaccine. Many people within that group are retired and had looked forward to traveling, only to have those plans interrupted by the pandemic. Now that they're fully vaccinated, seniors are setting their sights on travel once again. Though the COVID-19 vaccines have made vulnerable groups like seniors less likely to suffer severe illness from the virus, there's still a few things adults over 65 should know when making travel plans.

### The virus

Data from the CDC indicated that more than 87 million people in the United States had been fully or partially vaccinated as of April 20, 2021. Among those, just 7,157 had become infected with COVID-19, and only

331 of those required hospitalization. That's an encouraging figure that illustrates just how effective the vaccines are at preventing infection and serious illness. Recognizing that efficacy may help calm any concerns fully vaccinated seniors have about traveling.

### Restrictions

Though a significant portion of the eligible populations in the United States and Canada had been fully or partially vaccinated by mid-spring, overseas travel restrictions may still be in place. Some countries, such as India, continued to confront devastating waves of the virus and may not be allowing overseas visitors anytime soon. In addition, in mid-spring, the European Union was still devising a strategy to allow fully vaccinated foreign tourists to visit the continent. Proposals suggested such travel could be allowed by late June, but it's important that seniors learn of any potential restrictions before booking trips.

### Attractions

When planning a trip, seniors may want to look for areas with plenty of outdoor attractions. The CDC continues to recommend people, even those who are fully vaccinated, gather outdoors, where the virus is less likely to be transmitted. When traveling, seniors may be spending time around people who have not yet been vaccinated, and despite the efficacy of the vaccines, that might make some travelers nervous. So choosing locales with plenty of outdoor attractions can be a great way to quell any travel-related concerns seniors may have.

The remarkable achievements of researchers involved in developing COVID-19 vaccines has helped seniors return to something resembling normal life. Seniors with their eyes on travel can safely book trips after doing some research about their destination and giving careful consideration to their comfort levels.

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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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**BY JENIFFER GRAHAM**  
for The Dominion Post

It is a good idea to have your hearing checked if you are over 50, according to Dr. Anna Sampson. Sampson is a licensed audiologist with HearingLife. She has been practicing in Kingwood and Fairmont for four years.

“After 55, the chance of some hearing loss goes up,” she said. “About one in three people over the age of 55 have some degree of hearing loss.”

Sampson said hearing tests should be repeated every three years.

She said some of the reasons to have a hearing test include persistent ringing in the ear, suggestions by family or friends, a family history of hearing loss or noise exposure.

Sampson said it is important to use ear plugs when going into situations or jobs that involve loud noises.

“Some of the common jobs that can cause hearing loss are coal miner, automobile mechanics, people who work on jet engines, factory workers and construction workers,” she said. “Loud music and sitting near speakers at concerts can also result in hearing loss.”

According to Sampson, hunting and target practice can also cause hearing loss.

“I’ve had three clients in the last year who suffered instantaneous hearing loss from shooting guns,” she said.

There are hearing devices especially made for hunters and target shooters.

Hunting hearing aids fit in or behind the ear like a

regular hearing aid. The devices amplify ambient sound so you can hear the surrounding noise better than you can with your naked ears. When a weapon is fired, the amplifier circuit limits the volume you hear to a safe level. Once the loud sound passes, the amplification of the ambient sound returns to normal. There are also noise canceling headphones and ear buds.

She said patients give different reasons for why they come in for a hearing tests.

“I’ve had patients who said they can’t hear the TV as well as they used to. Some say when they go out to eat, they can’t hear what the waiter is saying because of others in the room talking,” Sampson said. “Others have told me when they have their back turned, walking away, they can’t hear what’s being said.”

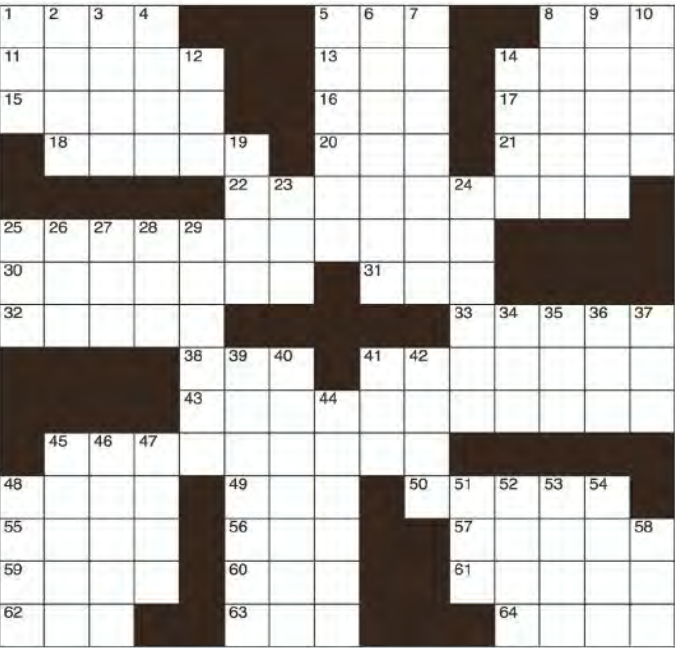
She said there is still a stigma and outdated ideas about hearing aids.

“Hearing aids have changed over the years. You’re often not aware someone is wearing them because you don’t see them anymore. Some are rechargeable — that eliminates the cost of batteries and eliminates the problem some seniors had of changing the batteries due to vision problems or arthritis. They are smaller, more durable and more convenient,” Sampson said.

She said even with the changes, people are often reluctant to have a hearing test.

“My advice is don’t be afraid to have your hearing tested. It’s part of your quality of life,” Sampson said. “If your hearing is bad, you are missing that quality of life.”

HearingLife can be found at [www.HearingLife.com](http://www.HearingLife.com) or on Facebook. Appointments can be scheduled on either the website or by calling 304-366-7314 in Fairmont or 304-212-4002 in Kingwood.



**CLUES ACROSS**

- |  |   |
|--|---|
| 1. Language group with Iranian influence   | 32. Small drum                                |
| 5. No seats available                      | 33. Alters                                    |
| 8. Health insurance organization           | 38. General’s assistant (abbr.)               |
| 11. Having a strong sharp smell or taste   | 41. Venezuelan capital                        |
| 13. Defunct European economic organization | 43. Free of deceit                            |
| 14. Dutch word for “language”              | 45. Member of Ancient Hebrew nation           |
| 15. Hard to penetrate                      | 48. Competition                               |
| 16. When you’ll get there                  | 49. Launch an attack on                       |
| 17. Iranian city                           | 50. Cavalry sword                             |
| 18. Small fishes                           | 55. Spiritual leader                          |
| 20. Dry white wine drink                   | 56. One point east of due south               |
| 21. Turkish city                           | 57. Afflicted                                 |
| 22. U.S.-born people                       | 59. Database management system                |
| 25. Synthetic resin                        | 60. Snakelike fish                            |
| 30. Major nerve in human body              | 61. Spiritual leader of a Jewish congregation |
| 31. Type of recording                      | 62. Small drink                               |
|  | 63. Not wet                                   |
|  | 64. Impudence                                 |

**CLUES DOWN**

- |  |                                |
|--|--------------------------------|
| 1. Father                                | 28. Chinese hoopster Ming      |
| 2. Performed perfectly                   | 29. Layers of rock             |
| 3. Ribosomal ribonucleic acid            | 34. Patriotic women’s group    |
| 4. Thin, compact object                  | 35. Solid water                |
| 5. One attempting to find something      | 36. Shade of brown             |
| 6. No longer working                     | 37. Very fast airplane         |
| 7. Egg-shaped wind instrument            | 39. Put clothes on             |
| 8. Book of Genesis character             | 40. Quality of one’s character |
| 9. Volcanic craters                      | 41. Time zone                  |
| 10. Brand of American automobile (slang) | 42. Primates                   |
| 12. Hip hop icon Kool Moe                | 44. Pleasantly                 |
| 14. Bangladeshi monetary unit            | 45. Metrical feet              |
| 19. Self-immolation by fire ritual       | 46. Rogue                      |
| 23. Family of genes                      | 47. German river               |
| 24. Et ____; indicates further           | 48. Relieves from              |
| 25. Pacific Standard Time                | 51. Swiss river                |
| 26. S. American wood sorrel              | 52. Prejudice                  |
| 27. Women’s ____ movement                | 53. Actor Idris                |
|  | 54. Those who resist authority |
|  | 58. Criticize                  |



# Sometimes we need to step away from the fray



**BY IRENE MARINELLI**  
For The Dominion Post

*"If one advances in the direction of his dreams and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours."*

~ Henry David Thoreau

I have taken several women from the past as my heroes and my mentors, women who have grabbed life by the tail and directed it along the path of their dreams and convictions. Eleanor Roosevelt is one such woman; author and illustrator Tasha Tudor is another. The biographies of these two women (and there are a good many) make fascinating reading, teaching us much about values and an approach to life that leads to inner peace and self-acceptance.

When Tasha Tudor was a young teenager, she dreamed of owning a farm. With unwavering determination, she carved out a life to fit that early dream. In 1945, she, her husband and their children moved into a 17-room farmhouse that came with 450 acres of New England land. The rundown house, built in 1789, had no electricity, no running water. Over the years, Tasha Tudor and her husband slowly restored the house and the gardens to their former beauty, but the lifestyle of the family remained fixed in a bygone era. Tasha Tudor milked her cow, made butter, cheese and cottage cheese. She grew a huge vegetable garden that fed the family through the summer and provided produce to preserve for winter. She was adept at sewing, weaving, spinning and knitting and made a good deal of her children's clothes. They read books by candlelight. Thanksgiving turkeys were roasted in an old-fashioned roaster in the fireplace. This fireplace and the wood stove were the only sources of heat in the house, a house that remained without electricity or

running water. While accepting the constant hard work of life in an earlier century, Tasha Tudor continued to write and illustrate, constantly perfecting her work. This too was a path she followed to her dream. Her books have won numerous awards and honors; her admirers are legion.

After her children had grown and gone to homes of their own, Tasha Tudor designed and built another house, where she continued to embrace her definitive, earlier century lifestyle until her death at the age of 92.

I have no desire to give up the comforts of the century in which I live. We enjoy our gardens and the birds and small animals that come to our back yard, but I would not want the work of a farm without running water or electricity. Not even the peace of isolation in the country would make up for never watching a TV show or going to a restaurant for dinner. Even so, there are times when the desire to get away from the problems, worries and

worldwide horrors that come with our modern age overwhelms me. Indeed sometimes peace and contentment seem unreachable in this modern era.

Tasha Tudor followed her dreams, perfected her artistic talent and became an honored illustrator. She stepped away from the fray, into a gentler life, though not an easy one. Both her dreams became her reality. If we, in our later years, are searching for peace and contentment in our lives, each of us must find our own way to get off the merry-go-round from time to time. At our age, there's not much we can do to change the world, nor to change the people around us. We can make changes in ourselves, in our thinking, our goals. It has been said, "Tasha Tudor found the path to yesterday." I believe she found her own unique path to inner peace.

*Irene Marinelli writes a regular column for Senior Post. Contact her at [columns@dominionpost.com](mailto: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  
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#### Sundale

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Effective exercises for seniors

Metro Creative Connection

Losing interest in an exercise regimen is a situation many fitness enthusiasts have confronted at one point or another. Overcoming a stale workout routine can be simple for young athletes, whose bodies can typically handle a wide range of physical activities. That flexibility allows younger athletes the chance to pursue any number of physical activities when their existing fitness regimens grow stale. But what about seniors who have grown tired of their workouts?

Even seniors who have lived active lifestyles since they were youngsters are likely to encounter certain physical limitations associated with aging. According to the Centers for Disease Control and Prevention, the likelihood of dealing with one or more physical limitations increases with age. CDC data indicates that 8% of adults between the ages of 50 and 59 have three or more physical limitations. That figure rises to 27% among adults age 80 and over.

Physical limitations may be a part of aging for many people, but such obstacles need not limit seniors looking to banish boredom from their workout routines. In fact, many seniors can successfully engage in a variety of exercises that benefit their bodies and are unlikely to grow stale.

■ **Water aerobics:** Sometimes referred to as “aqua aerobics,” water aerobics may involve jogging in the water, leg lifts, arm curls and other activities that can safely be performed in a pool. The YMCA notes water aerobics exercises are low impact, which can make them ideal for seniors with bone and joint issues like arthritis.

■ **Resistance band workouts:** Resistance band workouts can be especially useful

for seniors who spend a lot of time at home. Resistance bands are inexpensive and don’t take up a lot of space, making them ideal for people who like to exercise at home but don’t have much space. Resistance bands can be used to strengthen muscles in various parts of the body, including the legs, arms and back. Resistance bands can be pulled or pushed in any direction, which allows for more versatility in a workout than weight machines and dumbbells. That versatility allows seniors to spice up their workout regimens when things get a little stale.

■ **Pilates:** Pilates is another low-impact exercise that can be ideal for seniors with bone and joint issues. According to SilverSneakers, a community fitness program for seniors that promotes living through physical and social engagement, Pilates can help seniors build overall strength, stability and coordination. SilverSneakers even notes that seniors can experience improvements in strength and stability by committing to as little as 10 to 15 minutes of daily Pilates exercises.

■ **Strength training:** Seniors on the lookout for something more challenging than a daily walk around the neighborhood should not overlook the benefits of strength training. The CDC notes seniors who participate in strength training can stimulate the growth of muscle and bone, thereby reducing their risk for osteoporosis and frailty. In fact, the CDC notes people with health concerns like arthritis or heart disease often benefit the most from exercise regimens that include lifting weights a few times each week.

Physical limitations are a part of aging. But seniors need not let such limitations relegate them to repetitive, boring workouts.

# 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

PUZZLE SOLUTION

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