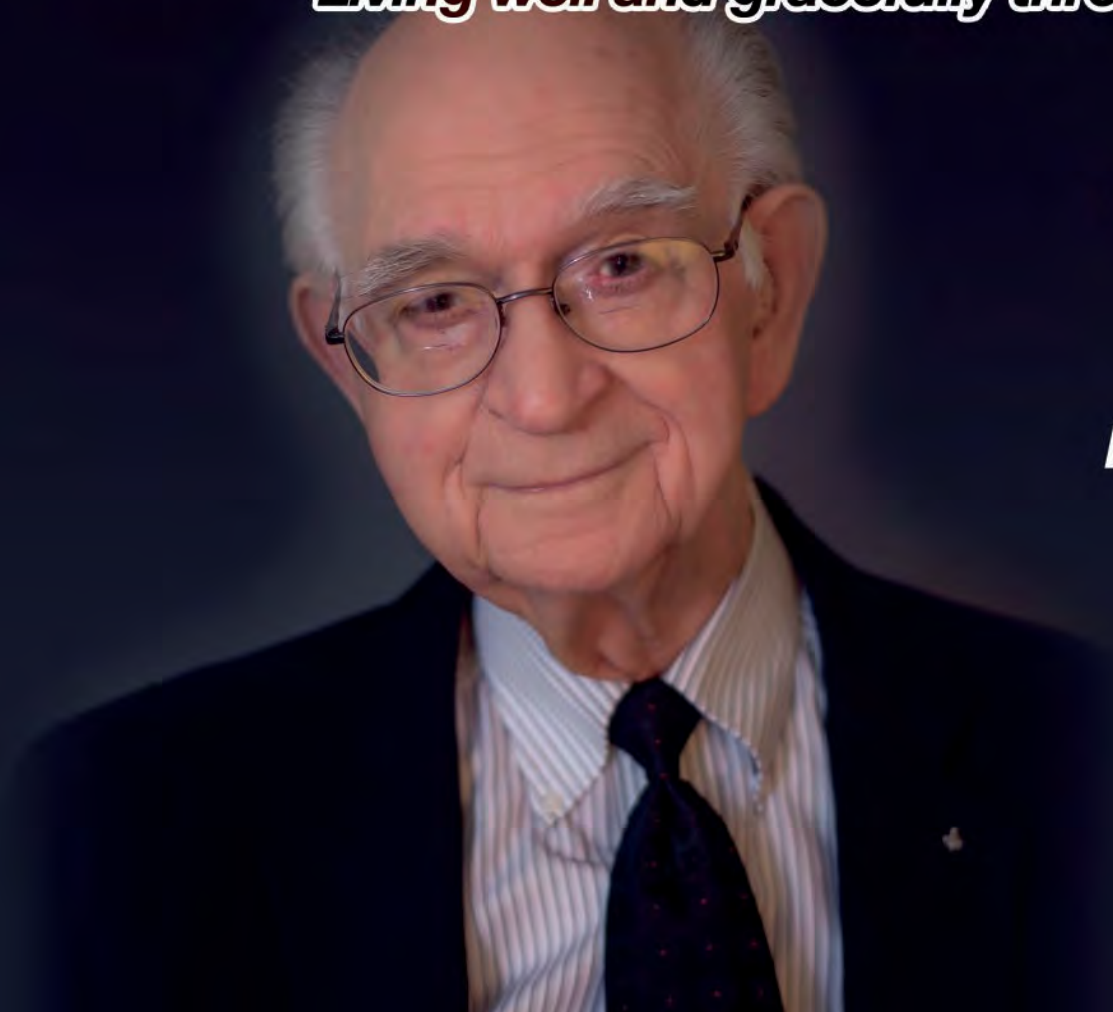


Senior Post

Living well and gracefully through the golden years



**Clarence
Harvey**

Hooked on education

SEPTEMBER 2021
A MONTHLY MAGAZINE BY



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Senior Post

Living well and gracefully through the golden years



- 3 - Senior centers and facilities
- 4 - September is World Alzheimer's Month
- 6 - Clarence Harvey: Hooked on education
- 7 - Women's guide to menopause
- 8 - Senior center activities
- 9 - Preston County Schools and others provide assistance for grandfamilies
- 9 - Crossword
- 10 - Electronic communication becomes a fertile field for scammers
- 10 - Assisted living and residential care communities
- 11 - How to help seniors adapt to automotive tech
- 11 - Senior emergency assistance

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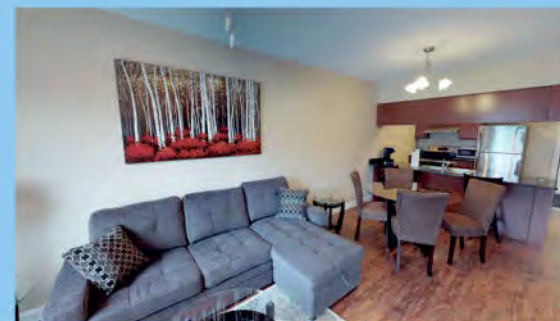
On the cover: Clarence Harvey has been in the Monongalia County school system for 62 years. Submitted photo.



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September is World Alzheimer's Month



BY DOREEN SEAMON

For The Dominion Post

Alzheimer's dementia is a dreaded diagnosis. As an estate planning attorney, I hear from those afflicted with Alzheimer's or their loved ones almost daily as they

desperately search for answers at various stages of the illness.

As an effort to raise awareness about this disease and to challenge the stigma that surrounds dementia, World Alzheimer's Day is observed Sept. 21. Locally, we have the Walk to End Alzheimer's Oct. 17 at the Mountaineer Mall. All are welcome!

The statistics regarding Alzheimer's dementia are overwhelming. On a national level, we have 6.2 million Americans over the age of 65 who have Alzheimer's dementia, which is 1 in 9 people in that age group. It is estimated

that we have 39,000 West Virginians with Alzheimer's dementia. In addition to the impact on those who have the disease, the impact on the caregivers and our economy is staggering. In West Virginia, it is estimated that in 2020 85,000 caregivers provided 145,000,000 hours of unpaid care, which is valued at \$1,971,000 — with two-thirds of the unpaid caregivers being women.

Dementia is a brain condition that affects the parts of the brain that control memory and language. But it is not a specific disease. It is an overall term describing a group of symptoms. Alzheimer's disease is the most common form of dementia. It destroys brain cells and nerves, disrupting the transmitters that carry messages in the brain, particularly those responsible for storing memories.

Most people who develop Alzheimer's dementia are over the age of 65. However, the risk of developing Alzheimer's dementia should not be considered a normal part of aging. Although the risk of developing the disease increases with

age, younger people can develop this degenerative disease as well.

The potential of a dementia diagnosis along with the other uncertainties of our senior years can be unsettling. Therefore, we should take control by preparing for our future. All adults should have an estate plan, and it should be updated during life's transitions such as changes in family status, certain medical diagnosis or aging issues. If you are of the age where you are contemplating when you should retire, or draw on your social security income, or are applying for Medicare, your estate plan should also include elder law provisions.

Elder law provisions are included in estate plans to address issues such as long-term care planning, public benefits, end-of-life issues, veterans' benefits and the legal rights of the elderly. If you already have estate planning documents, you should not presume they have the appropriate provisions in them. Usually,

these issues would be addressed specifically with your elder law attorney in discussions regarding the design of your documents and the provisions should have been explained to you prior to you executing those documents.

The cost of procrastination can be quite expensive. Because even if you are healthy or consider yourself too young to have these serious health issues, you do not have to be elderly to experience a serious injury from an accident, a stroke or a new diagnosis of a long-term illness. When you have made your important decisions in advance, it is easier for you, as well as your trusted helpers. While these conversations may be uncomfortable, they are well worth the peace of mind in the event of a crisis. Remember, it is never too early to plan!

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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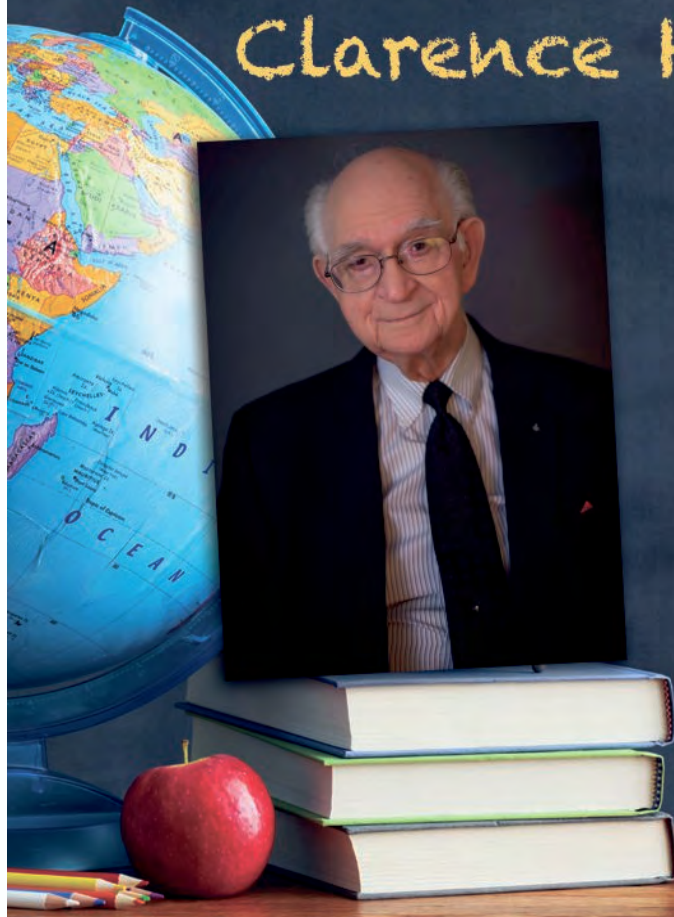


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Clarence Harvey: Hooked on education

Story by Jeniffer Graham for The Dominion Post



Clarence Harvey, who is 95 years old, said he spent 62 of those 95 years working in the Mon County school system.

"I tell everyone God blessed me in every fackion of my life. I had great parents. My father was a coal miner, and I had a wonderful mother," he said. "I was also blessed with three perfect children, seven grandchildren and 13 great-grandchildren. Plus, I had a career I greatly loved. This has been a blessing."

Harvey said he began teaching in 1948 in Daybrook.

I taught English and history," he said. "I taught some awfully good kids."

Harvey said he served as an assistant superintendent for a number of years and served on the school board for 26 years. He retired in 1984.

Harvey was initially elected to a six-year term on the board of education in 1984, and was re-elected to two four-year terms. He said he returned to office in 2006, and won re-election in May of 2014.

"I had two teachers in my career who were instrumental in me becoming a teacher," Harvey said, "a teacher at University High in 1944, and a college professor at West Virginia University. Both though I should be a teacher. At the time, I had my heart set on being a lawyer."

He said during his career he had the opportunity of being a part of "tuning up" the head start program.

"That was a tremendous experience."

During the 80s, Harvey said he had the honor of representing the United States in Germany during the Inter-

national Conference on Vocational Education.

"We were just building our vocational program, and I went there to see what everyone else was doing," he said.

Harvey said he still maintains his interest in the Mon County school system.

"The county folks need to be aware that when school opens, we have all-new schools and the ones that are not new have been retrofit. That's something the people on the board have accomplished," he said.

Harvey said he has been very blessed to have had the opportunities that he has had.

"If I was teaching today, I would ask my students to write in 100 words on 'What would you do to make America better today?'" he said.

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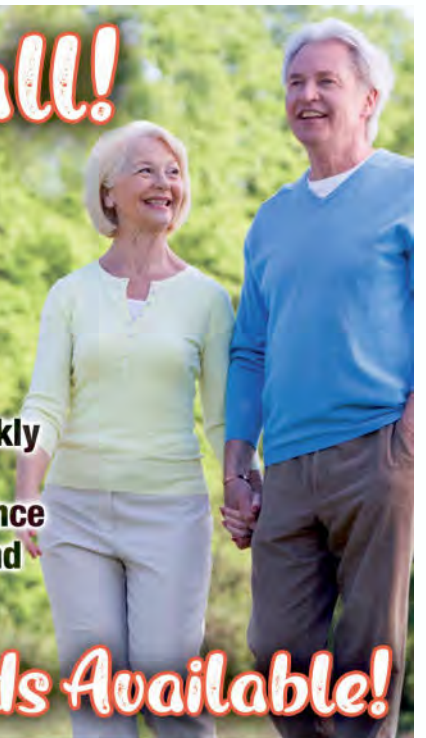
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Women's guide to menopause

SUNDAY, AUG. 29, 2021

MetroCreative Connection

Menopause is a natural occurrence in a woman's life. Menopause occurs 12 months after a woman's last period. It marks the end of the reproductive years, and the cessation of menstruation.

Many women mistakenly believe that the years leading up to the end of their periods is menopause. In fact, this time of potential hot flashes and changes in their monthly cycles is a transitional period known as perimenopause.

The National Institute on Aging said menopause can take place between ages 45 and 55. Perimenopause may occur several years before that.

Signs the transitional years are beginning

Irregular menstruation is one of the first indications that a woman's body is changing. Periods may come at different times or be shorter or last longer. Some women bleed more or less than usual. Women should consult their gynecologists if their periods last more than a week or if bleeding is especially heavy.

Hot flashes could occur

The NIA said many women experience hot flashes in perimenopause and menopause. Hot flashes are believed to be related to changing estrogen levels. The sudden feeling of heat in the upper part or all of the body is often accompanied by flushing of the face and neck. When they occur

SENIOR POST THE DOMINION POST **7**
at night, hot flashes are called night sweats.

Mood changes/sleep issues

Fluctuating hormones can cause other changes in the body. It's common for women in perimenopause to experience mood changes. However, mood also may be affected by disruptions to sleep that can occur at this time. Women can speak to their doctors about remedies that can help with mood and sleep issues.

Additional changes

Since hormones are responsible for many operations in the female body, additional changes are possible at this point in a woman's life. Thinning hair and dry skin may occur. Many women also complain of vaginal dryness. Loss of breast fullness might be evident. Furthermore, weight gain and slowed metabolism are possible.

The Mayo Clinic said women may still experience pregnancy in midlife, despite irregular periods. This can be a confusing time for women, as they may not be sure if they're pregnant or if they've started the menopause transition.

After a woman experiences menopause and enters post-menopause, she is more vulnerable to heart disease and osteoporosis. Women should continue to see their doctors for routine health visits and screenings.

Menopause is often accompanied by various side effects. Women can speak with their physicians if they have any questions or concerns during this unique time in their lives.

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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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Preston County Schools and others provide assistance for grandfamilies

BY JENIFFER GRAHAM

For The Dominion Post

Grandfamilies in Preston County have a friend in Stormy Johnson. Johnson is the Preston County Schools student support specialist. She helps grandfamilies by reaching out to churches and organizations to help provide items needed for grandchildren in their care.

In a 2018 report, West Virginia State University said West Virginia is second in the nation when it comes to children being raised by their grandparents. The report also said the average income for the grandfamilies is between \$15,000 and \$35,000 — and the average number of grandchildren being raised by their grandparents is three.

“A few weeks ago, I found two beds for a grandmother who is raising her grandchildren,” Johnson said. “Last year, with the help of local churches we provided 27 beds.”

She said 2020 she met with a group of women in Bruceton Mills who said they would help her find needed items. Johnson said the women were members of several different county churches. Another group that helps her provide items needed by grandfamilies is the Foster Initiative at the Chestnut Ridge Church.

“Preston County has a lot of kinship care,” Johnson said. “There are a lot of grandparents raising their grandchildren who don’t come forward. I went to a grandfamilies group meeting prior to COVID, and I believe the biggest fear these grandparents have is losing their grandchild.”

Johnson said she tells the families she works with that the papers they fill out for her are only used to better serve them. She said a grandparent seeking resources is not a reason to call Child Protective Services. Everything is confidential.

“I want to make sure they have what they need to care for the child or children they are raising,” Johnson said. “I thank every grandparent I see. After raising your children, you don’t think you will be raising your grandchildren. It’s hard.”

Although she is provided some funds through Preston County Schools, she said building a good relationship with local churches and the community is important.

“If it wasn’t for the faith-based communities in the county, I would not be able to do my job,” she said.

Preston schools provide backpacks and school supplies to help students being raised by grandparents who need assistance have the same educational materials as other students. Johnson said she also works with Lovepacs Outreach to provide personal hygiene items and mental health information, and with the Presbyterian Church Homeless Student Project to provide students with school and hygiene supplies.

She said she does a lot of referrals for utilities and helps with housing.

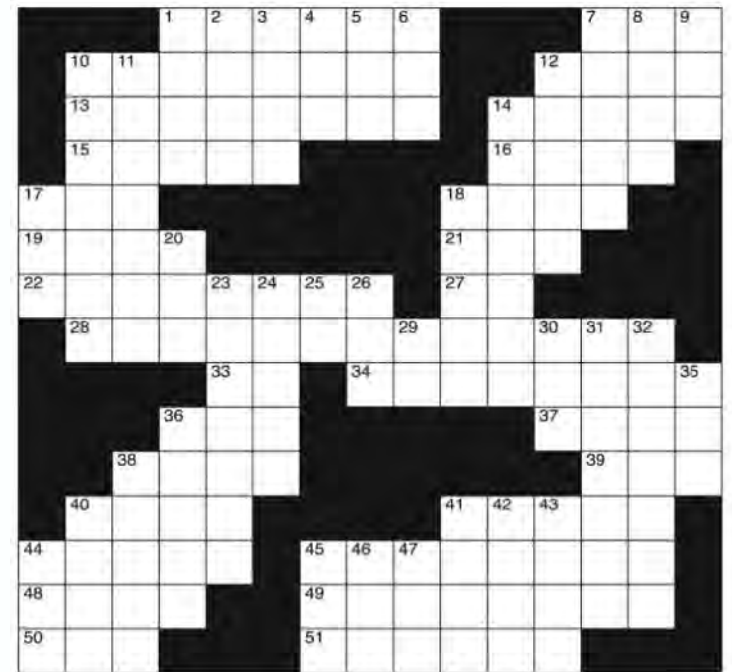
“Last year, I did 80 HUD applications. I help families do them, as long as they have a student in the Preston County school system,” Johnson said. “I also work with the Coalition to End Homelessness to find housing.

She said she would like to see a homeless shelter in Preston County.

“When I started in 2018, there were 48 homeless students. Mon County has a shelter. In Preston County, it’s more acceptable for families to double up. The federal government doesn’t think doubling up is homelessness, because the person is not technically homeless,” Johnson said. “I used the hotels in town in the past to provide shelter, but we are no longer allowed to do that.”

She said by the end of the year, she believes the number of homeless students in Preston County will reach or surpass 500.

To donate to the homeless student fund, send checks to the attention of Stormy Johnson, The Preston County Board of Education 731 Preston Drive Kingwood, WV 26537, or email Stormy.johnson@k12.wv.us or call 304 - 329-0400.



CLUES ACROSS

- | | |
|----------------------------------|---|
| 1. Nature expedition | 33. News organization |
| 7. Take the energy from | 34. Shining brightly and intermittently |
| 10. Bungled | 36. Brew |
| 12. Young salmon | 37. Teams' best pitchers |
| 13. Botanical gardens | 38. Edible fruit |
| 14. Source of chocolate | 39. Pitching stat |
| 15. Country singer LeAnn | 40. ___ or bust |
| 16. Yokel | 41. Baby product manufacturer |
| 17. Unit of energy | 44. Monetary unit of Finland |
| 18. Plant of the lily family | 45. Small spherical structures in cells |
| 19. Tusked wild pig | 48. Pouches |
| 21. Form of "to be" | 49. Reached |
| 22. Formerly | 50. Investment account |
| 27. Letter of the Greek alphabet | 51. Oft-repeated slogan |
| 28. Former First Lady | |

CLUES DOWN

- | | |
|--|---|
| 1. Nuclear undersea weapon | 25. Millilitre |
| 2. Helps the skin | 26. Beloved Will Ferrell film |
| 3. Evergreen coniferous trees | 29. Railway above ground |
| 4. Relieve of employment | 30. Satisfaction |
| 5. A way to drench | 31. Aggregate of molecules |
| 6. Journalist Tarbell | 32. Type of barometer |
| 7. ___ and Venzetti | 35. Type of college teacher (abbr.) |
| 8. Alcoholic liquor | 36. Long periods of time |
| 9. An athlete who plays for pay | 38. Native people of Nebraska and S. Dakota |
| 10. Where to get drinks | 40. Deliver |
| 11. Japanese art form | 41. Thin, narrow piece of wood |
| 12. Baseball great Satchel | 42. Modern Israel founder |
| 14. Winged angelic beings | 43. Small NY college |
| 17. One point south of due east | 44. Pounds per square inch |
| 18. Group of islands in Polynesia | 45. Veterans battleground |
| 20. A place to play: ___ center | 46. Hollywood talent agency (abbr.) |
| 23. Masses of gray matter in the brain | 47. Popular kids' channel |
| 24. Belgian city (alt. sp.) | |

Solution on page 11.

Electronic communication becomes a fertile field for scammers



BY IRENE MARINELLI

for The Dominion Post

"They've had the million-dollar neurological workup and yet they still give away the farm in ways they would not have when they were younger." This is a quote from Dr. Mark Lachs, physician at Weill-Cornell Medicine, affiliated with the prestigious New York-Presbyterian Hospital. We've all heard and read how scammers target the older population, those of us over 60. That's not to say young people and those of middle age do not get scammed; they certainly do. However, when we consider the results of a 2016 study that found 83% of wealth in America is held by people in their 50s and older, it is no wonder scammers go after this particular age group.

Scams can take many forms: pressuring people with a "limited-time offer," threatening people with jail time or worse if they don't agree to pay a false "outstanding bill," pre-

tending to be a family member (usually a grandchild) in trouble or even claiming to hold a kidnapped grandchild for ransom. The truth is these unscrupulous people can and do get a tremendous amount of personal information from the internet, especially since many internet users are careless about putting such information out there for easy viewing.

AARP recently highlighted some of the top scams infiltrating our lives in 2021. Some are so clever, so creative, it makes me wonder how fortunate we all would have been if such clever creativity had been put to good use in helping solve some of the problems and issues in our society, in our own country and throughout the world. Instead, these creative minds are out there fishing for vulnerable fellow citizens who will inadvertently help the scammers line their pockets with gold.

Incredible as it may seem, there are scammers who, in the midst of a worldwide

pandemic, are finding ways to profit from COVID. One example is the vaccination scam. Unfortunately we have become accustomed, almost addicted, to sharing personal information on our phones and computers. This is where the scammers find an open treasure chest. People post pictures on social media showing their vaccination card. Think of all the information someone can gather from that post; birth date, full name, where the shots were administered. All this is identity data and a very valuable tool for deceitful scammers.

During this pandemic when many meetings were, and still are, held on Zoom and working from home on Zoom has become common, scammers are on top of the game. They send a message (including the Zoom logo) informing people they have either missed a meeting or their account has been suspended. In order to get more details, the recipients must click on a link provided by the scammer. If the link is clicked, it opens the way for the scammer to

"access personal information to use for identity theft or search for passwords to hack into your other accounts," said Katherine Hutt, national spokesperson for the Better Business Bureau.

It does make me wonder why our older population seems so willing to fall in with these scams. Have we lost our ability to push back on high pressure salesmanship? Where is that built-in warning bell we've always relied on?

Until our federal and state lawmakers find a way to legally stop these scammers, it is up to us to heighten our awareness of the problem and cut these unscrupulous people off before they get started. Unless we absolutely know the person or institution contacting us, let that warning bell ring loud and clear: hang up the phone, delete the email, slam the door shut if they come by soliciting.

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

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304-503-4349

Preston County

PineRidge

(formerly Heartland)
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304-329-3195



PineRidge



How to help seniors adapt to automotive tech

Metro Creative Connection

Modern automobiles are more technologically advanced than ever before. That tech isn't just making driving more comfortable and convenient, but also more safe.

In a recent analysis of motor vehicle accidents, researchers at the International Institute for Highway Safety found that vehicles with blind spot and lane departure warning systems were involved in 11% fewer sideswipes and head-on crashes than cars that did not feature such systems. In addition, the IIHS estimates that the number of automobile crashes in the United States could be decreased by 85,000 each year if every vehicle were outfitted with a lane departure warning system.

Driver assistance systems have made driving safer for millions of people across the globe, but one demographic may need some extra help adapting to modern vehicles, and may even need a little extra encouragement to use tech that can keep them safe behind the wheel. The Centers for Disease Control and Prevention notes that, in 2018, the United States was home to 45 million licensed drivers aged 65 and over. That marks a 60 percent increase since 2000. Though seniors' perceived unwillingness or inability to use modern technology is often overstated, some aging drivers may need a little extra help as they try to learn how to use assistance technologies in their vehicles.

■ Learn the tech yourself. Assistance technologies are not all one and the same. Vehicle manufacturers have their own systems and there can be a learning curve when adapting to a new one. If you aspire to teach a senior how to use the assistance technologies in his

or her vehicle, first learn the tech on your own. If you and your aging friend or family member own a Subaru, chances are you already know how to use the tech in your loved one's vehicle. If you drive cars made by different manufacturers, visit the dealership where your loved one bought his or her car and ask for a quick tutorial on all the safety features in the vehicle. Salesman demonstrate these features every day, so it shouldn't take long for them to show you the ropes.

■ Be patient. Each person adapts to a new technology at his or her own pace. It's important to remain patient when teaching aging drivers how to use the tech in their vehicles. Old habits die hard, and while some drivers may quickly adapt to tech like backup cameras, others may not be so quick to abandon driving techniques they've been safely using for decades. Stay the course, remain patient and allow senior drivers to adapt at their own pace.

■ Teach one tech at a time. It can be overwhelming for drivers of all ages to adapt overnight to all the tech in their new vehicles. When teaching senior drivers how to use various driver assistance technologies, take it one tech at a time. When coupled with your patience, this approach can help seniors avoid being overwhelmed and increases the likelihood that they will embrace the tech in their vehicles.

Many senior drivers use driver assistance technologies every day. A patient and methodical approach to showing seniors how their vehicles can help them stay safe behind the wheel can be a road map to helping seniors adapt to life in modern vehicles.

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.

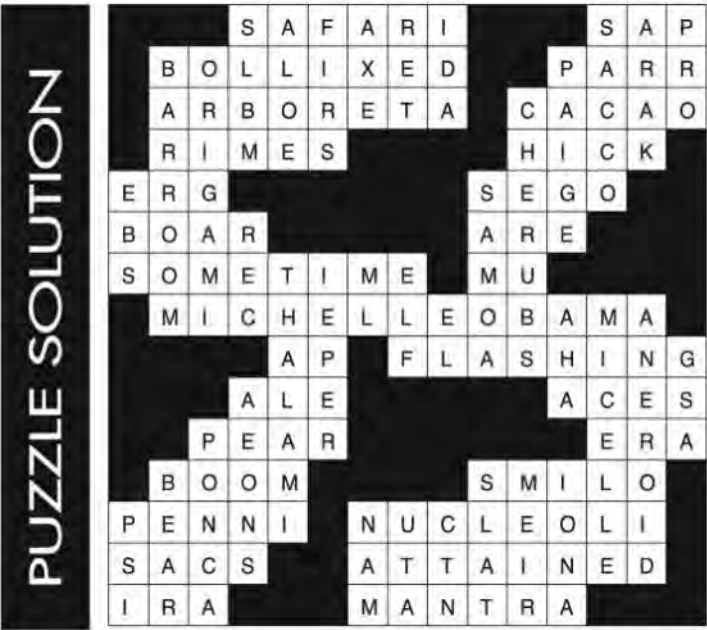
The Connecting Link
235 High St., Morgantown
304-296-3300

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





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Inspire is an implanted electronic device that helps the body's natural reflexes combat the airway obstruction. Most patients experience a 75 percent reduction in sleep apnea and snoring.

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- Have moderate to severe obstructive sleep apnea,
- Are unable to use or get consistent benefit from CPAP, and
- Have a BMI lower than 35.



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