



# Senior Post

*Living well and gracefully through the golden years*

**Sheila Waldeck**

*The importance of a work/life balance*

**OCTOBER 2021**  
A MONTHLY MAGAZINE BY  
**THE DOMINION**  
**Post**  
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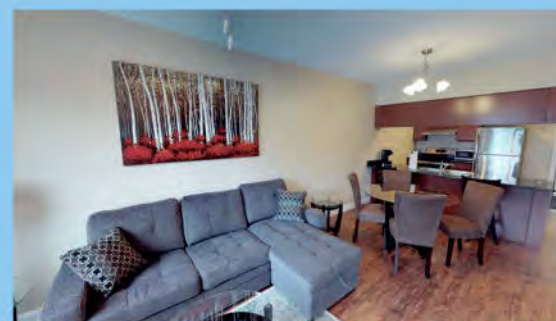
*On the cover: Sheila Waldeck at her desk at Snyder Motor & Towing, Kingwood. Submitted photo.*



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# Senior centers and facilities

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287 Eureka Drive, Morgantown • 304-296-7002

### 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

## 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 Avenue, Masontown • 304-864-6465



Westside Senior Center

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# When your Last Will and Testament does not control your estate



**BY DOREEN SEAMON**  
for The Dominion Post

Recently I met with a family who was grieving their father they had lost after a long illness. Their father wanted to keep things simple and private, so he chose to write his own last will and testament without the aid of an attorney. His decision resulted in a mess for his family to deal with after his death because although his will was valid and was entered into probate, it did not properly specify some of his decisions.

Sadly, this family now had additional and unexpected emotions of frustration and guilt to deal with in addition to their expected grief. They were frustrated that their father left such a mess for them especially knowing that it could potentially heighten the risk of disagreement among the children. And they felt

guilty for being frustrated with their father. Unfortunately, I did not have a satisfactory answer for the family as I attempted to help them. This scenario plays out quite often.

When a last will and testament is lacking, the testator (the deceased person the will belonged to) usually did not know they were leaving a mess behind, rather the issues surface after their death when their executor is trying to enter the will into probate and settle the estate. When there is an issue with the will, the state's default statutes may be required to resolve issues, or the will may be held completely invalid, or result in litigation. Each of these outcomes are likely to cause a family rift, be much more expensive to resolve, and probably will not be the outcome the decedent intended.

I once had a family contact me whose mother wrote her own last will and testament which clearly indicated her life insurance and

retirement accounts would be split evenly among her four children, but the actual beneficiary designation on those assets only named her youngest daughter. That daughter was the child who helped her mother with caregiving, errands, home maintenance, etc. so she felt entitled to that money. More importantly, that money was hers by operation of law because a beneficiary designation basically overrides the will. In retrospect, we do not know what the mother wanted, she may have assumed her daughter would share the proceeds with the other children or she may have wanted to reward her daughter for her service and dedication.

Writing a good last will and testament is not dependent on your intelligence or your proficiency with internet searches for estate planning advice. Attorneys are trained to assist their clients to achieve their goals and to spot issues that need special consideration. In today's world where things are more com-

plicated than ever, estate planning attorneys have furthered their training and knowledge for the benefit of their clients on those specific estate issues. If that mother had worked with an estate planning attorney, the attorney would likely have brought that conflict to her attention to be resolved prior to her death.

To make sure you do not leave a mess behind when it comes to your estate, take an actionable step toward your peace of mind by contacting an attorney. If it is difficult to find the time to call, many offices will let you submit a request to schedule through their website or to schedule a call to get the process started. 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](mailto:columns@dominionpost.com).*



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Sheila Waldeck (left) with Leigha Himes at Snyder Motor and Towing.

# Sheila Waldeck

## The importance of a work/life balance

BY JENIFFER GRAHAM  
for The Dominion Post

KINGWOOD — Sheila Waldeck likes working at a garage. She is the secretary at Snyder Motor and Towing. It's a job where every day can be different.

Her job includes doing the paperwork, taking care of the bills, greeting customers, and collecting payments.

Waldeck said her background made the job at the garage a good choice for her. She said

it also provides her with time to do the things she considers important.

"I worked at the bank in Masontown for 25 years," she said. "I left the bank when I moved to Florida. I lived there (in Florida) for a couple of years."

Waldeck said when she moved back to West Virginia she went to work as a cashier at Save-A-Lot.

"I liked working at Save-A-Lot and I liked the people I worked for; they were very nice. But I

wanted a job where I had the weekends off," she said.

Waldeck said having her weekends free is very important to her. She said it allows her to go camping with her boyfriend.

She said it has also made it possible for her to spend more time with her daughter and three grandchildren.

"I love spending time with them," she said. "The girls love to swim. It's nice to go camping with them and get away from everything. It's peaceful."

Waldeck said her camping trips usually end up near Parsons. She said the spot she goes to is one where both camping and kayaking is available.

"My boyfriend likes to fish and hunt. While he's doing this I swim with the girls (daughter and grandchildren)," she said.

When she's not camping or kayaking, Waldeck said she likes to read.

"I like Harlequin novels," she said. "I've been reading them since I was a teenager."

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# 12 facts about menopause



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Women undergo two major biological stages in life, and each has profound effects on their bodies. The first is called menstruation and comes after the onset of puberty. At this point, young women are physically mature enough to have a child. Around 40 to 50 years later, that same woman's fertile years will cease and she will no longer be able to reproduce. This stage is known as menopause.

The approach of menopause can be a confusing time for women. Learning about menopause can help women make sense of the process.

1. A woman has entered menopause when she has not had a menstrual period for one year.

2. The average woman enters menopause in her late 40s to early 50s. The average age is 51, according to the North American Menopause Society.

3. Menopause does not happen suddenly. A woman goes through a period called perimenopause that can begin in her 30s or 40s, marked by falling levels of estrogen and progesterone.

4. Periods become less regular during perimenopause until they stop entirely.

5. Women who smoke tend to reach menopause earlier than non-smokers.

6. It's not uncommon for a woman to think

she has reached menopause, only to get a period again. Having a period means there is still a chance of getting pregnant. Perimenopausal women have one of the highest rates of unplanned pregnancies of any group. Women should continue to rely on contraceptives if they don't want to get pregnant.

7. Premenstrual syndrome (PMS) may get worse before menopause as hormone levels fluctuate.

8. Women prone to mood swings during PMS are more likely to suffer from mood swings during menopause.

9. Menopause symptoms range from mild to severe. Most women will experience some symptoms. Hot flashes are the most common, affecting up to 75% of people. Night sweats

are hot flashes that occur at night.

10. A decline in estrogen production can affect the amount of calcium in a woman's bones. This means there's an increased risk for osteoporosis during menopause.

11. Hormone changes can contribute to weight gain. Women should focus on eating a balanced diet and exercising regularly.

12. Women should speak to their doctors about the risk/reward of hormone replacement therapies for hot flashes and the prevention of bone loss.

Menopause is a natural stage in a woman's life. Getting the facts can make it easier to prepare for the coming changes.

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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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# Learning to accept and appreciate modern electronics



**BY IRENE MARINELLI**  
for The Dominion Post

Have you ever had the experience of discovering something everyone else on the planet seems to have known about for years? That describes so well my initiation into using and thoroughly enjoying YouTube. For whatever reason, it took me a long time to accept the way other modern electronics made our lives easier with computers, phones, even new ways to find and watch special programs on TV. Modern electronics came to us as a two-edged sword: they can enhance and also complicate our lives. They can even carry an element of danger.

One day, some months ago, I had a real problem with my computer. It simply would not cooperate and allow me to do what I needed to do. I don't even recall what the trouble was, but

I do remember there was a time constraint and I needed to get my computer to cooperate immediately. I called my friend, Trevor, who is incredibly knowledgeable about computers, a true computer master, and he introduced me to YouTube. He assured me I would be able to find and follow directions that allowed me to get on with the work I needed my computer to do. His suggestion worked and suddenly I was able to direct my own computer better and faster than I ever thought possible! And so it was a true affection for YouTube was born.

The only thing I knew about YouTube was this: It is a video-sharing website where anyone can post a video or a number of videos. These can be instructional or entertaining. What I didn't know was the incredible variety and volume of information just waiting at my fingertips. Since that day when I found the solution to my computer problem on YouTube, I've been using it to solve some other problems, to learn and simply as entertainment.

Rob and I are still deep in the chaos of decluttering and organizing every room in our house. More than 40 years of living in this house, raising five active children, has left its mark with clutter in every room, disorganized spaces and the detritus of family life. Rather than plunging blindly into this black hole, I spent some time watching various videos on YouTube for ideas and direction in this huge decluttering chore we had embraced. Of course, some videos were not worth watching, and these I skipped after only a few minutes, but many others pointed me in the right direction, gave me a path to follow, an outlook that kept me going and good suggestions for materials I needed to organize everything from the kitchen to the basement. This has been immensely helpful, especially when I get bogged down in the mess.

Lately Rob and I have been talking about adding healthier meals to our diet. We agreed to include three meatless meals a week in

meal planning. One meal would have tofu as the main ingredient and two others would feature sea food or vegetables as a main course. Several of our adult children regularly cook with tofu and have often urged me to try some recipes. This seemed like the perfect time. Knowing absolutely nothing about tofu, I turned to my trusty YouTube and there they were: instructions for using tofu and more tofu recipes than I could count!

I had always wanted to learn how to make a decent Korean and Chinese dinner, as their recipes seem to include a variety of vegetables. I searched YouTube and the floodgates opened once again! Indeed, I may have a love/hate relationship with most electronics, but my relationship with YouTube is purely love.

*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  
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  
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Doug Snyder (left) and Jim Funk of Snyder Motor & Towing, Kingwood.

## Getting ready for winter

### Tips on how to stay safe behind the wheel

BY JENIFFER GRAHAM

for The Dominion Post

Now is the time to start preparing your vehicle for winter. It won't be long before we wake up to snow and ice. This kind of weather poses problems for everyone but especially seniors.

Doug Snyder, owner of Snyder Motor and Towing, said having a professional give your vehicle a good overall check should be a must before winter.

He said make sure fluids, including windshield washer, brake fluid, power steering fluid, transmission fluid, antifreeze, plus tires and wipers are ready for the upcoming cold weather. Use the correct engine oil for winter.

Check the battery to make sure it's strong enough and holds a charge. Batteries weaken in cold. After three winters, yours might need replacing.

"Make sure you have a cell phone with you so you can call if you have an emergency," he said. "Watch weather reports before going out. If the weather is bad, put your trip off for a later time. Be prepared."

Snyder said it is best not to venture out in weather you are not ready for.

"Know your driving skill levels," he said. "Can you handle or correct a slide or will you be one of the statistics that end up in a ditch?"

Snyder said some days he is busy with lots of towing calls. Other days there are just a few.

"On days that the weather is terrible we can have very few calls. The day after the storm people go out and we get a lot of calls because the back roads aren't cleared," he said.

Other tips given by Snyder and the AARP is to make sure your tires are properly inflated and have plenty of tread.

- Keep at least half a tank of fuel in your vehicle at all times.

- Wipe snow and slush off your headlights.

- Keep your brake lights and turn signals as snow-free as possible.

- Use your headlights in daytime to make your vehicle stand out from the drab winter background.

- Have reflective triangles and/or a reflective vest to wear if you get stuck and need to exit the car for help.

- Use a quarter, not a penny, to measure depth. If the top of George Washington's head is barely visible, you're OK for the moment, but start shopping.

The distance between the edge of a quarter and the top of Washington's head is 4/32 inch. On a penny, the distance between the top of Abraham Lincoln's head and the edge is 2/32 inch, the sign of totally worn-out tread.

Snyder Motor and Towing is located at 18446 Veterans Memorial Highway, Kingwood. Phone, 304-328-2213.

## 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)  
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