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FEBRUARY 2022
A MONTHLY MAGAZINE BY

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**Estate planning for a
'problem' child**

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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

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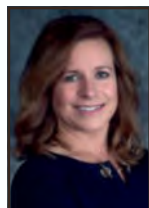
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Estate planning for a 'problem' child



BY DOREEN SEAMON
for The Dominion Post

This year, this article is following a hypothetical couple through their lives to see what role estate planning had on their family. To review prior articles on this story go to SeamonLawOffices.com/Blog. This hypothetical story is based on having worked with over 1,500 families over the past 13 years, but it is not based on a specific client.

Last month, we discussed a young couple I worked with named John and Sue as they established their initial estate plan as the parents of young children. Years later, the couple came back to the office with some concerns over their daughter, Mary. Mary had dropped out of college and was not making good decisions.

We spent some time catching up on what

else was going on in their lives at the time. John, Sue and their children were all pretty healthy. John and Sue were hoping to pay off their home soon and had built up quite a bit of money in their qualified accounts (IRAs, 401ks, etc.). Her parents were now in their late 70s, but her grandmother had passed on.

As we discussed their current concerns, they were not interested in a living trust to avoid probate when they passed away, they were just really concerned that if something unexpected happened to them, that Mary would not manage her inheritance wisely and even more unsettling for them was that they were worried Mary might be taken advantage of; therefore, protecting Mary and her future inheritance was their primary goal.

I reminded them that they had some protection for Mary because she would inherit her share of their estate in trust with Sue's brother serving as trustee. Their current estate plan would give Mary her inheritance through a

trust and the trustee would have the ability to use the assets to help Mary, but she had the right to withdraw her inheritance one-third at a time at ages 25, 30 and 35.

Sadly, Mary was already 25 years old, and they did not think her decision-making would improve in the foreseeable future. I provided them a variety of options ranging from a strict trust that never would provide Mary a right to withdraw any sum, all distributions would be at the trustee's discretion, or to just provide Mary the trust income, or to adjust the ages or length of time after they die before Mary would have that right to withdraw the assets. All of these options would provide Mary additional time to mature.

This was a difficult conversation for John and Sue. They admitted they had put our meeting off for quite some time. I explained that I was glad they were addressing the issue now while they were both able to participate on their solution. As difficult as it was to work through, it would be even more difficult for the

survivor of the two of them to do so. They explained that they worked hard for what they have so it would be a shame for it to be wasted, and even worse if the inheritance ended up causing harm to Mary.

In the end, they felt better knowing they faced this decision together, they agreed that if Mary consistently maintained employment and managed her finances so that she was no longer asking for assistance they would revisit their decisions. But for now, they felt at peace with their decision to restrict Mary's access to her future inheritance.

They noted as they left that they were so relieved that they had planned as a younger couple so that these decisions to adjust their plan felt less stressful.

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



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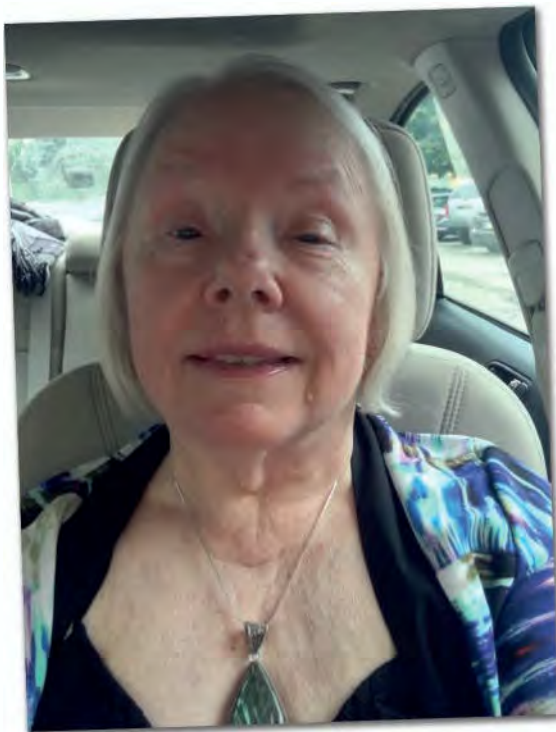
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Pamela Ball Bringing a museum to life

Story by Jeniffer Graham for *The Dominion Post*

Pictured left: Pamela Ball, founder and coordinator of the Morgantown History Museum. Submitted photo.

Not everyone can say they have played a major part in bringing a museum into being. Morgantown resident Pamela Ball can say just that. Ball started the process for a local museum in 1995. Then in 2005 she started the museum commission.

In December 2011, the Morgantown History Museum opened its doors on Kirk Street, downtown Morgantown, with the Smithsonian exhibit, *The Way We Worked*, as its first showing.

Ball, headed up the museum for many years as a volunteer and was instrumental in its formation. Her dedication to the project convinced the Morgantown City Council that a museum about the city and region was needed.

Ball served as chairperson of the Morgantown Museum Commission, since it was established in 2005. Additionally, she serves as the volunteer coordinator of the Morgantown History Museum, which was established the following year, in 2006, and is part of the city of Morgantown Board of Parks and Recreation (BOPARC) system. Ball served as volunteer coordinator/director of the history museum from 2006 through June 30, 2021.

Museums require funding. Ball located material for exhibits and made sure the history of Morgantown and the county would be presented accurately. Funding was difficult to find so she wrote multiple grants to supplement the basic budget available from the city via BOPARC.

Ball set up a friends foundation so fundraising could take place for the museum's needs, and she headed up the funding events every year.

Previously, she said, she served as a founding member and vice president of the Board of Directors of Riverfront Museums Inc. (RMI), and also served as RMI's second president. RMI was established in 1994 as an initiative of the Chamber of Commerce Vision 2000 program. (The City of Morgantown Museum Commission/Initiative evolved from the RMI organization.)

Ball said she also served on the Chamber of Commerce Vision 2000 Beautification Committee; City of Morgantown Beautification Commission and the Chamber of Commerce Vision 2020 Historic Preservation Committee.

She said music has always been an important part of her life and because of this interest she served as a volunteer book reviewer for the West Virginia Cultural Resources Department (Goldenseal magazine) book project, *Mountains of Music*.

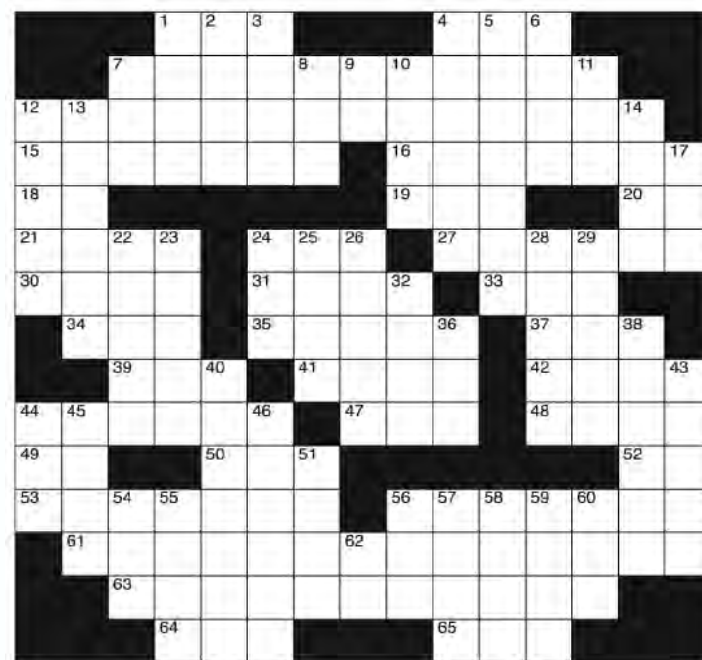
"My biggest hobby is playing old-time music," Ball said. "Now that my mom has passed I would like to go back into playing music again."

Creating a museum is not her only accomplishment. Ball has worked on projects for the City of Morgantown, State of West Virginia, U.S. federal government (U.S. Forest Service), Coopers Rock Foundation, private organizations and businesses, writing National Register Nominations; National Register Surveys; Cultural Resource Surveys and other historical projects.

Ball has also produced a number of historical photograph and art exhibits, and has been involved with contributing to various writing projects, involving local and state history, including "Morgantown: A Bicentennial History." Additionally, she has also written interpretive brochures for the Job Prickett House, Prickett's Fort State Park, Fairmont; Easton Roller/Grist Mill, Morgantown, and others during her more than 30-year history career.

Currently, Ball is known as the "Museum Lady" and acts as the vice president of the Friends of the Morgantown History Museum.

The Morgantown History Museum is at 175 Kirk St. Phone 304-319-1800. Hours are 11 a.m.-5 p.m. Wednesday-Friday and noon-6 p.m. Saturday and Sunday. For more information, go to <https://morgantownhistorymuseum.org>



CLUES ACROSS

1. Brew
4. NY ballplayer
7. Rigid external covering in some animals
12. Promotional materials
15. More high-pitched
16. Widely cultivated cereal
18. Dormitory employee
19. Bad act
20. One's mother
21. Scored perfectly
24. Space station
27. Exchange for money
30. Edible seaweed
31. Iranian city
33. Lakers' crosstown rivals
34. Nothing
35. Spiritual leader of a Jewish congregation
37. ___ student, learns healing
39. Military official (abbr.)
41. Matchstick games
42. Gasteyer and De Armas are two
44. Distant planet
47. A type of residue
48. Punk art icon Jimmy De___
49. Millihenry
50. Canadian media firm
52. Type of withdrawal
53. Spicy
56. Dish of minced meat or fish
61. Noted previously
63. Happily
64. "Partridge" actress Susan
65. Not present

CLUES DOWN

1. In a way, brought to an end
2. Scandalized actress Loughlin
3. This (Spanish)
4. Essay
5. Continuing indefinitely
6. Tool for lifting food
7. Partner to Adam
8. Dry white wine drink
9. Spanish be
10. Smaller quantity
11. Last or greatest in an indefinitely large series
12. (Scottish) island
13. Church officer
14. Large wrestler
17. Polite address for women
22. Famed Susan Lucci character "___ Kane"
23. Mason ___ Line
24. Disfigure
25. Asian nation
26. Rage (Span.)
28. Khoikhoi peoples
29. Opera solo
32. Database management system
36. Similar
38. Move up and down playfully
40. Alfalfa
43. Satisfied
44. Baseball official
45. Large, flightless bird of S. America
46. Money given in support
51. Flower cluster
54. Beginning military rank
55. Russian weight measurement
56. Explosive
57. An individual unit
58. Midskirt
59. Weapon featuring balls
60. Used of a number or amount not specified
62. Unit of measurement

Solution on page 9.

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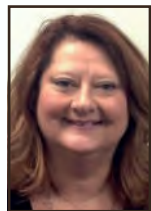



The Village
at Heritage Point

304-285-5575 **Heritage-Point.com**



BY APRIL WINTERMOYER
for The Dominion Post



This has been an exceptionally trying year for all of us. Few were hit as hard as our older population. Vaccines, quarantines, reported deaths, full hospitals and ICU's, nursing home and senior community scares. Many were and remain afraid to venture out. Loneliness and isolation play a huge role in our mental health.

For those of us helping older loved ones manage their physical health we need to remember that healthy living extends beyond managing chronic conditions.

The National Council on Aging (NCOA) tells us that one in four older adults will experience a mental disorder.

Some common questions we receive at your local WV Right at Home office include:

1) Are changes in personality and behavior normal – just a part of aging?

Health problems, the loss of a spouse or a job, isolation due to COVID, or changing roles after retirement can all lead to changes in how our loved ones react to their new normal. It is important to help discern if changes are normal or of a concern.

Left untreated NCOA reports that mental health concerns can lead to fatigue, illness or even suicide.

2) What are some signs that my loved one might be experiencing a mental health condition that should be addressed?

Changes can be gradual and subtle. A conversation with their physician may be necessary if your loved one is:

- Sleeping much more or much less than usual.
- Feeling unusually confused, on edge, worried or afraid without cause.
- Low to no energy.
- Eating much more or much less than is normal for them.
- Experiencing the feeling of prolonged grief that does not subside.
- Loss of interest in activities they once enjoyed.
- Feelings of helplessness or hopelessness.
- Smoking, drinking or using drugs more than is normal for them.
- Expressing thoughts of suicide or self-harm.

3) What if they refuse help?

They may. They may feel that is a sign of weakness. They feel the need to go it alone. Reassure your loved one that it is a sign of strength to take charge of these situations in their life.

4) What if my loved one talks about suicide? What can I do?

Number one answer is to take it seriously. Never ignore comments such as "Everyone

would be better off without me" or "Life is no longer worth living". The American Psychological Association warns that other signs might include buying a firearm, stockpiling pills, withdraw, or giving away possessions. Older adults have the highest rates of suicide of any age group in the US and depression is its foremost risk factor. If you believe your loved one is in crisis contact the National Suicide Prevention Lifeline at 800-273-8255 to talk to a trained counselor day or night.

Be aware that life changing conditions such as hearing and vision loss or stroke can lead to depression and anxiety. Sometimes just such an event can have a "bidirectional cause and effect" and raise the risk of a mental health issue. Conditions such as heart disease, stroke, memory loss, or diabetes can affect not only the brain but the whole body and increase problems with memory loss, raise blood pressure, and cholesterol, worsen digestive disorders and heart disease. Remember too that some medications may also play a role.

An integrated medical assessment is often necessary to provide the best possible solutions and outcomes. There is an entire medical community available to you as well as clergy, and support groups. Reach out for help.

April Wintermoyer is owner of Right at Home In Home Care & Assistance in Morgantown. Contact her at columns@dominionpost.com.

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How to protect yourself from scammers

BY JENIFFER GRAHAM
for The Dominion Post

According to the FBI, if you are age 60 or older, and especially if you are an older woman living alone, you may be a target of people selling bogus products and services by telephone. Telemarketing scams often offer free prizes, low cost health care projects, and inexpensive vacations that attract seniors.

Why are Senior Citizens chosen? Senior citizens are more likely to have a nest egg, to own their homes, and have excellent credit. All of these factors make them attractive to con artists, according to the FBI.

According to the AARP some of the scams even involve the pandemic.

Seniors who got COVID vaccine posted selfies on social media showing off their vaccination card. This attracted scammers. AARP said to avoid these scammers inform family and friends by using a generic vaccine sticker in your selfies.

On their website, AARP also lists medicare cards scams. Scammers emailing, calling and knocking on doors claiming to be from Medicare and offering pandemic related services. To receive the services seniors are asked to verify their Medicare ID number.

The scammers are offering new cards they claim to contain microchips, and sometime asking for payments to move beneficiaries up in line for the COVID vaccine.

AARP suggests hanging up the phone, shutting the door, or deleting the email. According to the Centers for Medicare & Medicaid Services, Medicare will never contact an individual without permission for Medicare numbers or other personal information. They suggest never giving out Medicare numbers.

The FBI website suggests seniors take the following precautions to protect themselves from scammers.

- Recognize scam attempts and end all communication with the perpetrator.
- Search online for the contact information

(name, email, phone number, addresses) and the proposed offer. Other people have likely posted information online about individuals and businesses trying to run scams.

■ Resist the pressure to act quickly. Scammers create a sense of urgency to produce fear and lure victims into immediate action. Call the police immediately if you feel there is a danger to yourself or a loved one.

■ Be cautious of unsolicited phone calls, mailings, and door-to-door services offers.

■ Never give or send any personally identifiable information, money, jewelry, gift cards, checks, or wire information to unverified people or businesses.

■ Make sure all computer anti-virus and security software and malware protections are up to date. Use reputable anti-virus software and firewalls.

■ Disconnect from the internet and shut down your device if you see a pop-up message or locked screen. Pop-ups are regularly used by perpetrators to spread malicious software. Enable pop-up blockers to avoid accidentally clicking on a pop-up.

■ Be careful what you download. Never open an email attachment from someone you

don't know, and be wary of email attachments forwarded to you.

■ Take precautions to protect your identity if a criminal gains access to your device or account. Immediately contact your financial institutions to place protections on your accounts, and monitor your accounts and personal information for suspicious activity.

To report elder fraud to the FBI, visit your local FBI office, call 1-800-CALL FBI (225-5324), or file a complaint online at the FBI's Internet Crime Complaint Center at www.ic3.gov.

AARP's Fraud Watch Network can help you spot and avoid scams. Sign up for free Watchdog Alerts, review the scam-tracking map, or call the AARP toll-free fraud helpline at 877-908-3360 if you or a loved one suspect you've been a victim.

For more information go to:
www.fbi.gov/scams-and-safety/common-scams-and-crimes/elder-fraud
www.aarp.org/money/scams-fraud/info-2021/family-elder-fraud.html



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

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800 J.D. Anderson Drive, Morgantown
304-599-0497

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304-285-5575

Harmony at Morgantown

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304-503-4349

Preston County PineRidge

300 Miller Road, Kingwood
304-329-3195



BY IRENE MARINELLI

for The Dominion Post

"The chains of habit are too weak to be felt until they are too strong to be broken."

~ Samuel Johnson

There is something so still, so quiet about January. The joyous Christmas and New Year's Eve celebrations are behind us. We've welcomed a new year. Now we are deep in January, month of stormy snow days that shut us in, beckon us to sit in front of a warming fire, and cold, frosty nights when we marvel at the closeness of the stars in a black velvet sky.

January is a good month to take a look at habits, dark and bright, that weave our days into a tapestry of years. As these winter months make their slow journey into spring it seems like a perfect time to open a window and let the cold, brisk January air clear the

cobwebs from dusty corners of our minds. What are habits, after all, except old ways of going about our days, old reactions from years past? Some are good, some bad and some benign; neither good nor bad, just there in our lives.

My goal is to change some habits that no longer fit my life as I age and delve deeper into retirement. Three habits I've carried are procrastination, perfectionism and, lately, ingratitude. Certainly these are not as noxious and dangerous as smoking, drinking or drugs, but they have, made inroads into my days. In 2006 at Duke University, a researcher discovered 40% of people's daily actions are habits, rather than decisions. Looking back at the times procrastination, perfectionism and even ingratitude have caused disruption in my life and my relationships, I know these incidents were not caused by decisions I'd made but simply by habitual actions.

For many years I started my day between

5:30 and 6 a.m. At one time this seemed necessary. Perfectionism, as well as knowing I would be tired coming home after a full day's work, pushed me to complete a list of chores before leaving the house in the mornings. Now, years into retirement, I still jump out of bed early to get a head start on the day. I've often envied people who enjoy breakfast in their robes and slippers, beginning their day with a slow, relaxed rhythm. No reason why I can't do the same, except for an old, unessential habit.

Procrastination, they say, is the thief of time. There are many things I've wanted to do for years and still have a strong desire to perfect. In my 80th year I realize time is pouring through the hourglass! Painting, learning to play the harp, publishing my writing; these and a list of others wait in the corner for me to dust them off and give them the time and attention they deserve. If not now, when?

It seems that in every close relationship, whether it be husband and wife or any other, the weeds of ingratitude slowly grow. When we've lived together for many years perhaps it's only natural to forego the small compliments that put a glow on the day; the simple words of "please" and "thank you" or greeting each other in the morning with a smile. Newlyweds do not have a monopoly on showing one another how grateful they are to be together, how fortunate they are to have found a partner who is also a best friend. Many times, we treat our friends, even strangers (waiters, sales people, etc.) with greater respect than those we love and cherish.

Changing habits is a slow, difficult process, but surely not impossible. This year I'll make the attempt and soon find out.

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

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
304-291-0221

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 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

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.

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



Assisted Living at Evergreen in Morgantown, WV

Senior Monongalians - Events and activities

VACCINE/BOOSTER & PNEUMONIA SHOT CLINIC - TUESDAY, FEB. 8, FROM 9-11 A.M. - The CDC, as well as other medical professionals, have been recommending getting a booster shot of the COVID-19 vaccine. The COVID-19 virus and its various forms are not going away any time soon. Senior Monongalians would like to help you get your booster shots. We will be hosting our 3rd vaccine/booster and pneumonia shot clinic on Tuesday, February 8th from 9 to 11 a.m. People will be able to receive their initial, the second, or booster COVID-19 vaccines. Seniors have the opportunity to receive the Moderna, Pfizer, or the Johnson & Johnson vaccines. Pneumonia shots are also available, too. Appointments are required for this clinic. The deadline to make appointments is 5 p.m. Feb. 2.

If you have questions regarding the vaccine or to make your appointment, call Gretchen at 304-293-1456.

DONATE WITH AMAZON SMILE - Senior Monongalians is a 501C3 nonprofit. If you would like to support the programs and services we offer to the older adults and their families of Monongalia County, consider utilizing Amazon Smile. Amazon Smile is a charity donation through Amazon. Once you sign into Amazon Smile, designate Senior Monongalians, Inc. as your charity, then do all your normal online shopping. Amazon will donate a percentage of your total purchases to be donated to us. It is the perfect way to donate all year long without having to worry about filling out a check or making a special trip to our center.

HOME DELIVERED MEALS - Do you worry that your older loved one is getting a good meal each day? Have you had a surgery or illness that sidelined you? Is COVID concerns curbing your grocery shopping and eating out? If you answered yes to any of these questions, consider enrolling in our Home Delivered Meal (HDM) program. The HDM program offers a hot, nutritious meal delivered to your door Monday through Friday. On Friday you will also receive frozen meals to cover Saturday, Sunday and Monday. As part of this program, our drivers make "well check" contacts with the client.

Who is eligible to receive meals? Monongalia County residents 60 years and older. This service can be used on a long term or temporary basis. The HDM program is on a donation basis. If you have questions or would like to enroll in the Home Delivered Meals program, call 304-296-9812.

ZOOM TRANSPORTATION TO SENIOR MONONGALIANS - Would you like to participate in the activities that we offer, but are unable to get there? Is the public bus routes too far away or too complicated to figure out? Have you decided that you would rather have someone else drive? The ZOOM ride service is the answer. People are able to call to set up a schedule to come into the center. Ride once a week or multiple days per week. The ZOOM driver will pick you up at your home and drop you off at our front door. Participate in activities, go shopping, and/or have lunch at the center. After lunch, the ZOOM driver will pick you up and return you to your home. This service is free to Monongalia County adults ages 60 and older. If you have questions or would like to sign up for the ZOOM transportation, call 304-296-9812.

SPECIAL EVENTS

Thursday, January 27th - Winter Celebration Luncheon - Come out of the cold and enjoy the fun of the Winter Celebration Luncheon. Lunch will feature pancakes with berries, eggs, sausage patty, fried potatoes with onions and peppers, and orange juice. Keep watching Senior News and our Facebook page for more details.

Wednesday, February 2nd - VACCINE/BOOSTER DEADLINE BY 5:00 P.M. - Appointments are required for our upcoming vaccine/booster shot clinic on Tuesday, February 8th. Make your appointment by 5:00 p.m. on February 2nd. To make your appointment, call Gretchen at 304-293-1456.

Friday, February 4th - Sponsored Bingo at 10:00 a.m. - Sponsor will be announced at a later date.

Tuesday, February 8th - VACCINE/BOOSTER & PNEUMONIA SHOT CLINIC FROM 9 - 11 A.M. - Receive your initial, second, or booster shot of the COVID-19 vaccine during our next vaccine/booster shot clinic. The Moderna, Pfizer and/or the Johnson & Johnson vaccines are available. Pneumonia shots are also available. The clinic will be held on Tuesday, Feb. 8 from 9 to 11 a.m. Appointments are required! If you have questions or would like to make your appointment, please call Gretchen at 304-293-1456.

Friday, February 11th - Bingo with Amedisys at 10:00 a.m. - Cara and Courtney will lead several games of bingo and award prizes to winners.

Friday, February 18th - Sponsored Bingo at 10:00 a.m. - Sponsor will be announced at a later date.

Friday, February 25th - Bingo with Beltone at 10:00 a.m. - Jodi from Beltone Hearing Aid Company will lead a few games of bingo and award prizes to winners.

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

Email questions to: gnullens@seniormons.org

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 a.m. - 6 p.m. and Saturday 9 a.m. - 5 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.



HEALTHY SKIN CARE ROUTINES START HERE

DERMATOLOGY

WVU Medicine Dermatology experts offer comprehensive services, both medical and cosmetic, for adults and children, treating a variety of skin conditions from acne to complicated skin cancers. We also provide several cosmetic dermatology procedures including tattoo removal. Our goal is to provide every patient with the best possible care using state-of-the-art diagnostic procedures.

WVUMedicine.org / **855-WVU-CARE**
SELF-REFERRALS ARE ACCEPTED.

You can now schedule many of your appointments online at

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