

# Senior Post

**Harmony of  
Morgantown**  
*Assisted living at its best*

**MARCH 2022**  
A MONTHLY MAGAZINE BY

THE DOMINION  
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# Senior Post

*Living well and gracefully through the golden years*



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*On the cover: Harmony of Morgantown. Submitted photo.*



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# Harmony of Morgantown Assisted living at its best

Story by Jeniffer Graham for *The Dominion Post*  
Photos submitted.



Looking for a senior living community? Harmony Senior Living in Morgantown offers a wide range of senior living options to provide as much or as little assistance as needed. It is also pet-friendly.

Seniors can choose from independent living, assisted living and memory care.

"Maintenance-free living provides our residents peace of mind," Allison Waters, marketing account manager for Harmony Senior Services in Charleston, S.C., said. "All of the hours once spent on lawn care, cleaning the gutters and housework are a thing of the past."

She said this leaves time for residents to catch an afternoon matinee, enjoy Mountaineer sporting events, go for a stroll around Deckers Creek

with their dog, or take in the art museum.

"We have scheduled events monthly, weekly seminars, happy hours, afternoon tea and outdoor activities when the weather permits," Waters said

Some of the amenities Harmony offers seniors are the option to prepare their own meals in their full-sized, modern kitchens or join other residents in the dining room for meals prepared by the executive chef. Flexible dining options are available.

"Harmony offers amenities reminiscent of a fine resort, with an onsite beauty salon and barber shop, 24-hour fitness center, a fully equipped theater with a huge screen and a popcorn machine, restaurant-style dining, our own pub and bistro and a friendly team

available around the clock to answer calls," Waters said.

She said Harmony also offers larger than average apartments. The independent living community features one-bedroom apartments sized from 571 to 936 square feet, and two bedroom apartments ranging in size from 1,021 to 1,306 square feet — a full-size kitchen with stainless-steel appliances, chic granite countertops and an in home washer and dryer.

Cathedral ceilings and a private patio or balcony are also included in some floor plans.

Some of the other perks are home and landscape maintenance, weekly housekeeping, concierge service and an emergency call system, individually controlled central heat and air conditioning, scheduled transportation

and a full calendar of activities, cultural events and celebrations

Harmony is located close to the West Virginia Botanic Garden, J.W. Ruby Memorial Hospital, Mon Health Medical Center and other area facilities.. Also close by is go-to shopping destinations like Kroger, Suncrest Towne Centre and University Town Centre.

For more information about Harmony go to: [www.harmonyseniorservices.com/senior-living/wv/morgantown/harmony.dr/](http://www.harmonyseniorservices.com/senior-living/wv/morgantown/harmony.dr/) or email at [infor@harmonyatmorgantown.com](mailto:infor@harmonyatmorgantown.com) or call 304-241-8112.

For all locations go to: <https://www.harmonyseniorservices.com/our-communities#/locations>



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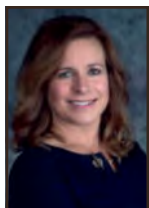
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**BY DOREEN SEAMON**  
for The Dominion Post

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, go to Seamon-LawOffices.com/Blog.

Our story follows a couple I refer to as John and Sue. They established their estate plan as young parents, then later they updated their plan to address concerns over their adult daughter's poor decision-making. During that meeting we discussed that a nice advantage revocable living trusts have over last will and testaments is that assets in a trust do not need to be probated. They really liked that benefit of a trust, but at the time avoiding probate was not one of their major concerns.

After our meeting, Sue realized that since her parents had recently purchased a second home in Florida, her parents' future estate administrations were likely to be more complicated. Sue recalled that each state has its own probate process and so her parents would have a probate for their West Virginia property and one for their Florida property. Sue encouraged her parents to consider whether a living trust would be a good option for them.

As a result of Sue's prodding, Ben and Ida contacted our office to learn more about living trusts. Their goal was to make things easy for each other and then for Sue once they both passed away, but they were concerned about maintaining complete control over their assets. They were very happy to learn that with a living trust they could control all decisions regarding the trust and trust assets while they were living and had decision-making capacity, but that control could naturally transition to Sue as they either lost capacity or

passed away. They decided a living trust was an efficient solution to avoid probate completely while maintaining complete control over the trust and the trust assets.

They chose Sue to serve as their successor trustee when neither of them was willing nor able to serve any longer, but they were curious about that process as well. They wanted to understand how Sue would know what to do and how to make sure she treated the other beneficiaries fairly. I explained that the trustee has a fiduciary duty to follow the terms of the trust and that the trustee can use the trust funds to pay professionals to assist her. I also explained that if they have concerns about Sue, they could choose a professional trustee instead of Sue. They decided they were confident Sue would do a great job, but just in case it was too much for her at the time, they would name their bank's trust department as an alternate to Sue, meaning if Sue was unable or unwilling to serve upon their

death, then the bank's trust department would serve as trustee.

Ben and Ida were curious how the assets would be transferred (ie. funded) into the trust. They did not want to have to open new bank accounts or go to a lot of trouble. They were relieved that in most cases it is very easy to retitle existing accounts to the trust although they would need a new deed to transfer their real properties into their trust.

Fortunately, these discussions were a lot easier for Ben and Ida because they already had a great estate plan in place, so adding a living trust was a very easy transition for them.

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



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## Senior centers and facilities

### Monongalia County

#### BOPARC Senior Recreation Center

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



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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.

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



Assisted Living at Evergreen  
in Morgantown, WV

## 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

300 Miller Road  
Kingwood • 304-329-3195

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# Older adults and oral health



**BY APRIL WINTERMOYER**  
for The Dominion Post

If you are approaching your 65th birthday, you are not alone! By 2060, according to the U.S. Census, the number of U.S. adults aged 65 years or older is expected to reach 98 million, 24% of the overall population. I am right there with you!

March 20 is World Oral Health Day. There are a variety of oral conditions that can affect

seniors, such as untreated tooth decay, tooth loss, oral cancer and gum disease. Some of these problems are more likely to develop due to the treatment of chronic conditions.

According to the CDC, issues concerning gum disease are a significant concern for older adults. About two in three (68%) adults aged 65 years or older have gum disease. The cause of this disease is the build-up of plaque and tartar that eventually leads to inflammation, infection, and the following signs and symptoms:

- Bad breath that will not go away
- Red or swollen gums that may also be

tender or bleed

- Painful chewing
- Sensitive teeth
- Painful chewing
- Receding gums or the appearance of teeth becoming longer

Reduced saliva flow increases the risk of cavities. Slower circulation decreases resistance to infection, and medications used to treat chronic conditions can cause dry mouth. Older adults with chronic diseases such as arthritis, diabetes, heart diseases, and chronic obstructive pulmonary disease (COPD) are more likely to develop gum disease.

Gum disease is a concern for many older adults but being a diabetic makes it harder to keep your mouth healthy. High blood sugar can weaken white blood cells, which are your body's primary way to fight infections in the mouth. In diabetics, the high glucose levels in saliva can promote the bacteria that cause gum disease.

You can keep your teeth for your lifetime. Here are some things you can do to maintain a healthy mouth and strong teeth.

- Drink fluoridated water and brush with fluoride toothpaste.
- Practice good oral hygiene. Brush teeth

thoroughly twice a day and floss daily between the teeth to remove dental plaque.

•Visit your dentist at least once a year, even if you have no natural teeth or have dentures.

•Do not use tobacco products. If you smoke, quit.

•Limit alcoholic drinks.

•If you have diabetes, work to maintain control of the disease. This will decrease the risk for other complications, including gum disease. Treating gum disease may help lower your blood sugar level.

•If your medication causes dry mouth, ask your doctor for a different medication that may not cause this condition. If dry mouth cannot be avoided, drink plenty of water, chew sugarless gum, and avoid tobacco products and alcohol.

•See your doctor or a dentist if you have sudden changes in taste and smell.

Taking good care of your mouth is essential to general health and well-being — it even affects your self-esteem. Good oral health habits can help prevent pain and infections from tooth and gum disease. Make your dental appointment today!

*April Wintermoyer is owner of Right at Home In Home Care & Assistance in Morgantown. Contact her at [columns@dominionpost.com](mailto:columns@dominionpost.com).*

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# Belinda Nicholas Bringing good nutrition to Mon and Preston Counties



*Pictured left: Belinda Nicholas shows off crockpots and air fryers which are distributed to those who complete her cooking classes. Pictured above: Nicholas (far right) with her students with the crock pots and air fryers. Photos submitted.*

**BY JENIFFER GRAHAM**  
for The Dominion Post

Belinda Nicholas is not the only member of her family who has worked in the nutrition field. Nicholas is a nutrition outreach instructor at the WVU Extension Office in Monongalia County.

“My mother worked for Penn State as a nutritionist,” she said. “I started (as a nutritionist) when my supervisor ask me if I wanted to start cooking.”

She said she wants to see Mon and Preston be in a better place food-wise.

“Some people believe they are eating healthy when they are not. You can be the richest person in the world and not eat right,” Nicholas said. “Working mothers are tired when they get home. Some don’t have any quick, easy recipes. I have recipes that, if you prep your food in advance, take less than 15 minutes.”

She said there are children who know McDonald’s before they know their parents names or are potty trained.

“I was in a Black community and a lot of them have diabetes. They might have a leg cut off and they say ‘I know how to eat properly,’ but they don’t,” Nicholas said.

She said for her classes she tries to get as much fresh fruit and vegetables as possible, and wants her students to try new things like red pears and blood oranges.

“I want them (students) to try different things,” Nicholas said. “In my class, you might not like it but you have to try it.”

Nicholas teaches nutrition classes in both Mon and

Preston counties. In Preston County, she is working with Catholic Charities Raymond Wolf (CCRW) to offer free cooking classes for low-income individuals who are signed up to receive government provided commodities.

The classes will be held at the WVU Extension office in Kingwood.

“It’s (CCRW) put a whole new spin on how I do my job,” Nicholas said. “All of the food we cook comes from items from the food pantry. She (Alex Evans, director of CCRW) threw me a curve ball with the food.”

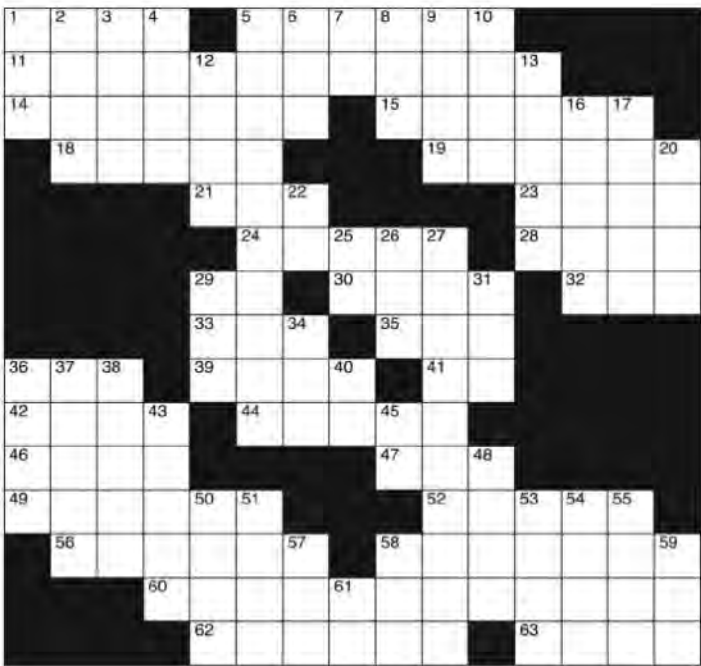
She said one of the dishes served in an earlier class was black bean lentil Sloppy Joe’s. Another one was chicken nuggets made from corn flakes.

Nicholas said classes are one day a week for six weeks. She said the students get food to take home with them and receive incentives at the second and third class. Those who come to all six classes receive either a crock pot or an air fryer.

She said along with teaching label reading and learning how to eat healthy, the upcoming Kingwood classes will include learning to cook broccoli cheese soup, lasagna, three-bean chili, chicken soup, shepherd’s pie, chicken nuggets, pumpkin muffins and yogurt parfait with homemade granola.

“I hope when Alex and I get together, along with the extension office, we will help Preston County eat better,” Nicholas said. “A good, healthy food plan is everything.”

For more information about programs offered by the WVU Extension Office in Kingwood call 304 329-1391. In Mon County, 304-291-7201. Extension offices are open from 8:30 a.m.-4:30 p.m. Monday-Friday.



## CLUES ACROSS

1. Constrictors

5. Abounding in rocks

11. Speed

14. German city

15. Lacking sympathy

18. Visionaries

19. Wastes away

21. One precursor to the EU

23. Nursemaid

24. Unconsciousnesses

28. Baby’s word for father

29. Equal to 64 US pints (abbr.)

30. Senses of self-importance

32. Midway between south and southwest

33. When you hope to get there
35. Electronic data processing

36. Passports and drivers’ licences are two

39. Fishes

41. Air Force

42. Personal computers

44. Ecological community

46. Wings

47. Halfway

49. Cool, calm and collected

52. Jewelled headdress

56. Musical composition

58. \_\_\_ Falls

60. Repeating remarks

62. Periods in one’s life

63. Hyphen

## CLUES DOWN

1. \_\_\_ Humbug!

2. Devices that alert pilots (abbr.)

3. Grocer

4. One point east of southeast

5. Subjects to hostility

6. Work unit

7. Atomic #56

8. British thermal unit

9. “Elusive Butterfly” singer

10. Egg part

12. Device

13. Rechargeable power source

16. Ancient sage

17. Consist of two elements

20. “Pygmalion” writer

22. “The Centennial State” (abbr.)

25. Of I

26. Get older

27. Brotherhoods

29. Buzzing insect
31. Sunscreen rating

34. Brew

36. Leader

37. Indigo bush

38. Burn with a hot liquid

40. Junior’s dad

43. Horse mackerels genus

45. Morning

48. Unit of linear measurement (abbr.)

50. Double curve

51. Small, twisted bunch

53. Developed

54. Mars crater

55. Humanistic discipline

57. Word element meaning ear

58. Last or greatest in an indefinitely large series

59. Wood residue

61. It cools your home





**BY IRENE MARINELLI**  
for The Dominion Post

*"Some memories are unforgettable, remaining ever vivid and heartwarming".*  
~ Joseph Wirthlin

No doubt each of us has had, in our long lives, special times, special moments that live in our memories. These we can take out from time to time, sifting through them, examining them in the light of our present reality. Weddings, the births of our children, holding that first newborn grandchild, even promotions and special trips can hold memories that live on long after the event has passed. These are milestones on our journey. They can teach us, uphold us, make us smile.

There is another kind of memory, one whose glow truly transcends time. There are

very few such moments that hold a permanence, a quality of iridescence that allows them to shine on through the years, complete in every detail, undimmed by time. These moments that live with us forever may, at the time, seem unimportant in their simplicity. I have had one such experience and the lesson learned is with me still.

About 15 years ago, very early in my retirement, we brought home a golden retriever puppy. It was agreed Saxon would be my dog, for I had never had a dog all my own. The responsibility for his training and upbringing would be mine alone. It was a bright afternoon in late May when little Saxon and I climbed the gentle hill in our back yard. He had been out busily sniffing the bushes while I worked in my garden. We were both ready for a rest. Halfway up the hill the two of us sat down on the grass together. The puppy sat beside me, looking around at his kingdom, obviously contented with what he observed.

Then I noticed our four cats coming up the hill, walking in line, one after the other, making their slow way toward us. For some reason Saxon did not jump up to chase them, as he usually would. He sat beside me like a small, blonde sentinel, while the cats lay down on the grass a couple of feet away from us.

I remember how the sun drifted in and out of small clouds in a blue sky that spring day. The air was comfortably warm, with a soft breeze. I looked down the hill at the gardens, the trees, green with new-born leaves. Beside me the puppy gave a small sigh and stretched out on the grass, snuggling closer. I noticed the four cats had made almost a circle around us as they lay down. They were preening in the warm sunshine, cleaning their fur or just lying in the grass. Some were purring. It all seemed to come together in absolute harmony. There came over me a peace I had never felt before, nor since. The fluffy pup sleeping by my side, the four cats encircling

us, the sun shining on us all like a benediction. This was complete perfection of absolute peace. Even as I was experiencing this perfect tranquility, I somehow knew without a doubt that this was a rare gift, an illusive moment.

That May afternoon came with a lesson I've tried to remember over the years. The sweet moments spent on that hillside with the puppy and cats were, in essence, perfection. I was fortunate to catch a glimpse of true inner peace. Looking back at that experience, it was a gift that cannot be duplicated by force or desire, but comes of its own accord.

For you, gentle reader, I wish gifts of such rare experience, stored away in memory, to take out and examine from time to time.

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

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						C	O	M	A	S	
					B	U		E	G	O	S
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					E	P	O	C	H	S	

# 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 Monongalians - Events and activities

**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.

**INTRODUCING THE SENIOR PANTRY** - Recognizing the difficulty our Home Delivered Meals clients encounter when needing to run to the grocery store or corner store to pick up those unexpected necessities, Senior Monongalians is proud to announce our new Senior Pantry. The pantry opened its doors on February 15th. Its focus is to assist our Home Delivered Meals clients obtain those household items they are not able to easily obtain on their own due to transportation or income issues. The pantry will feature nonperishable food stuffs, household cleaning products, and personal care items. If an HDM client is in need of something, they can fill out a request form and give it to their meal delivery driver. The driver will bring the request to the senior center. Once received, we will get those items from the pantry and have the driver deliver it to the client the next day, if possible.

We are asking the community to help us stock the Senior Pantry. This can be done two ways. If you would like to purchase items of need for the pantry, call us at 304-296-9812 for a list of needed items. Monetary donations are also welcome. When making monetary donations please specify that it is for the Senior Pantry.

**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.

**NEW WEEKLY ACTIVITIES SCHEDULE** - We are proud to announce new changes and additions to our weekly activities schedule.

**Monday through Friday from 8:00 a.m. to 4:00 p.m.** - Library - Choose a book or two from our wide variety of books. Read in our quiet library or take it home and return it when you are finished.

**Mondays from 1:00 to 3:00 p.m.** - Billiards/Pool Tables - Limit 2 people per game.

**Mondays from 2:00 to 3:00 p.m.** - Computer lab - Limit 1 person

**Tuesdays from 1:00 to 3:00 p.m.** - Dominoes - Limit 4 people per set (6 sets).

Exercise room - Workout using our strength training and cardio equipment. Limit 1 person at a time.

**Wednesdays from 1:00 to 3:00 p.m.** - Mahjong - Limit 4 people per game.

**Thursdays from 1:00 to 3:00 p.m.** - Card games - Limit 2 people per game.

Piano playing and/or singing - Limit 1 piano player and 5 singers

## SPECIAL ACTIVITIES AND EVENTS

**Friday, Feb. 25th at 8:00 a.m.** - No Bake Recipes - The group will be working on the no bake recipes that were started the week before.

**Friday, Feb. 25th at 9:00 a.m.** - Chair Exercise - Students from WVU's Occupational Therapy program will lead some chair exercises and stretches to get everybody moving.

**Friday, Feb. 25th from 9:00 a.m. to 1:00 p.m.** - Free Hearing Screening - Jodi from Beltone Hearing Aid Company will be available to conduct FREE baseline hearing screenings, perform basic cleaning and maintenance on hearing aids, and answer any questions that you have regarding hearing aids. Appointments can be made by calling 304-366-2241.

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

**Friday, March 4th at 8:00 a.m.** - Crafts - Students from WVU's Occupational Therapy program will lead seniors in a crafting session.

**Friday, March 4th at 9:00 a.m.** - The Match Game - Join in the fun of playing the Match Game based on the Game Show Network show.

**Friday, March 4th at 10:00 a.m.** - Sponsored Bingo - Enjoy a few games of bingo and possibly walk away with a prize. Invite a friend and enjoy the fun.

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

**Friday, March 18th at 10:00 a.m.** - Sponsored Bingo - Bring a friend to play a few games of bingo. Prizes will be awarded for each good bingo.

**Friday, March 25th from 9:00 a.m. to 1:00 p.m.** - Free Hearing Screenings - Jodi from Beltone Hearing Aid Company will be available to conduct FREE baseline hearing screenings, perform basic cleaning and maintenance on hearing aids, and answer any questions that you have regarding hearing aids. Appointments can be made by calling 304-366-2241.

**SPECIAL THANKS** - Senior Monongalians would like to say "thank you" to the members of the Women in Business chapter at WVU. The ladies took their time to make unique Valentine's Day cards for our Home Delivered Meals clients.

## WAYS TO CONTACT OR FOLLOW SENIOR MONONGALIANS

**Website:** [www.seniormons.org](http://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:** [gmullens@seniormons.org](mailto:gmullens@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.





# LOVE YOUR HEART.

## Know your numbers.

**From young hearts to the young at heart,  
know your numbers – it could save your life.**

February is American Heart Month. While your health should be a priority all year round, this month is a reminder to show some love to your heart. Knowing your blood pressure, cholesterol, glucose, and body mass index can help indicate early signs or ongoing heart conditions.

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Take action now, and schedule an appointment with a cardiologist at the WVU Heart and Vascular Institute by calling **855-WVU-CARE** or visiting **MyWVUHeart.com**.