

Senior Post

Living well and gracefully through the golden years

**Debbie
Braham**

*Working to help
the community*

MAY 2022
A MONTHLY MAGAZINE BY

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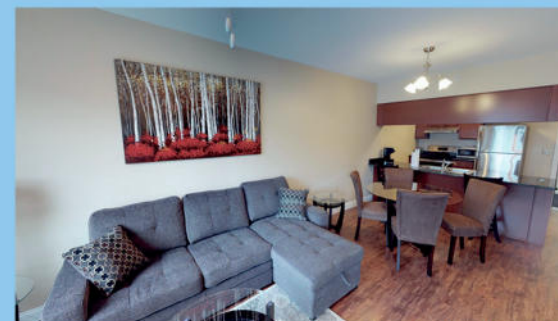
On the cover: Debbie Braham at her desk. Submitted photo.



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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



Westside Senior Center

**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 Ave., Masontown
304-864-6465

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.



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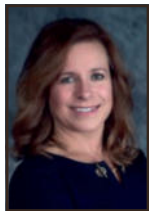
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Estate planning when loved one has a disability



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.” We initially worked together to establish their initial estate plan when they were young parents. They became the guardians of John’s 10-year-old nephew whose mother passed away. Unfortunately, Joey had some developmental deficits when he came to live with them, and they have recently been informed that Joey is on the autism spectrum. At our previous meeting, they knew this could be the outcome, but given Joey’s difficult childhood, they were still going through the process of determining how

much his developmental delays were related to his upbringing and how much was due to a potential diagnosis.

Now that we know that Joey’s issues are likely serious enough to qualify him for means tested benefits such as certain Social Security and Medicaid benefits, updates need to be made to their estate plan. When a beneficiary of an estate or even a large gift is on means-tested benefits, it is very important to manage that inheritance or gift properly. John and Sue had researched supplemental needs trusts (“SNT”) and the West Virginia ABLE accounts but they were confused as to which option would be the best solution.

We began our discussion with the ABLE accounts, these are very useful for persons who the Social Security Administration qualify as disabled by the age of twenty-six years old. They are similar to a 529 Plan accounts. There are limitations to how much money can be deposited into an account on an annual

basis but generally it is now \$16,000 total per year from all combined sources. Most people are unaware that there is a Medicaid payback with these accounts when the owner passes away with funds in the account. But ABLE accounts are great tools to give Joey flexibility and autonomy in handling money himself.

By contrast a SNT is a tool that could receive the inheritance or gift without limitation and does not have a Medicaid payback. The disadvantage of the SNT is that you need an attorney to draft the trust and they can be a bit complicated to manage for a lay person so sometimes professional trustees are utilized.

John and Sue were very confused by all of this and were uncertain which tool would be best for Joey. The answer is both. The SNT can receive larger gifts or inheritances without adverse consequences to Joey’s benefits and if there are funds left in the trust upon Joey’s death, the remainder can be distributed to

whoever John and Sue choose. The trust can also be used to add funds to his ABLE account from time to time providing Joey a flexible tool to use for spending money as he gets older.

They had concerns regarding who should manage Joey’s trust since public benefits can be very complicated, so we set up a meeting with the folks at the West Virginia PACE Trust Fund. PACE serves as a professional trustee for a pooled SNT and in the future, PACE will also serve as trustee of standalone SNTs. We decided it would be a good idea for them to meet with the folks at PACE while we worked on their estate plan, and while their financial planner set up the ABLE account. They were relieved that they could work on all three aspects simultaneously.

Doreen L. Seamon, J.D. is an attorney with Seamon Law Office 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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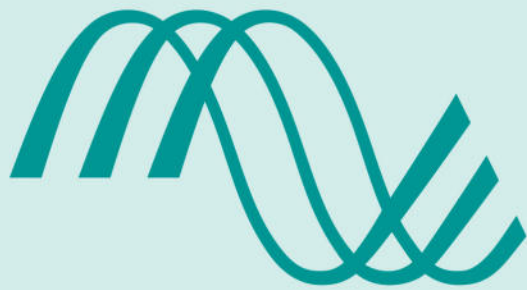
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Debbie Braham

Working to help the community



Debbie Braham (above) at her desk.
(Submitted photo)

Braham (right) with Alix Evans filling a food order
at the Catholic Charities Raymond Wolfe Center.
(Submitted photo)

BY JENIFFER GRAHAM

for The Dominion Post

Debbie Braham likes to cook, travel, and she likes her job. She said this is the second time she has worked as an AmeriCorps member.

According to its site, AmeriCorps' mission is to improve lives, strengthen communities and foster civic engagement through service and volunteering.

"I did AmeriCorps back 20 years ago or more," Braham said. "At that time I worked with a program called Let's Read West Virginia. I went into the county schools as a reading tutor and I loved it."

Braham said at that time the program only allowed its members to serve two years. She said that was how she became a substitute teachers' aide after her two years of service was up.

Braham said she decided to once more sign up for AmeriCorps after talking with Don Maleta, outreach coordinator for the Catholic Charities Raymond Wolfe Center.

"There was an AmeriCorps poster in the window and I asked him if Raymond Wolfe had an AmeriCorps person," she said. "I told him I was looking for something to do. He gave me the information and I called Charleston and

was hired on Dec. 16, 2020."

She said her job has provided her with a variety of experiences.

"I love my job," Braham said. "I help with food order distributions, deliveries, do case study for food orders and help with other work related projects."

She said AmeriCorps requires members to do two service projects each year. Braham said on Martin Luther King Day she teamed up with the Grandparenting Program to collect cleaning supplies and take them to two of the local elementary schools.

"We were able to supply about 15 families with cleaning supplies," she said.

Braham said she enjoys working to help the community.

"I like to do things that benefit the community and makes it better," she said. "I have a year in (AmeriCorps) and my time will be up in December. AmeriCorps lets you do four years now. I hope I will be able to do another year."

When asked about travel and cooking, Braham said she liked to visit places she hasn't been to before.

"I like to cook but so does my husband. So he does most of it," she said. "But I do get to cook every now and then."

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**Morgantown Health and Rehab
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1379 Van Voorhis Road
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161 Bakers Ridge Road
Morgantown • 304-285-0692

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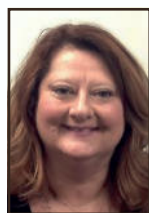
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Initiating the conversation with seniors



BY APRIL WINTERMOYER
for The Dominion Post

You hesitate to talk with your aging loved ones about their care needs and future plans, but they are showing signs of needing more help. Mom keeps forgetting to take her medications. Dad balks at bathing and is unsteady on his feet. How much longer can they live safely on their own? How do you and the rest of the family start a positive dialogue with your parents about home care?

Initiating the conversation with an elderly loved one can feel daunting and is why Right at Home has developed RightConversationsSM for effective communication between you and your aging family members. A practical approach in the family caregiving process, RightConversations offers tips and tools for discussing your relative's preferences and possibilities for extra assistance to continue a lifestyle they enjoy. The conversation does not ask your loved one to surrender their independence but to surround themselves with proper care for living comfortably at home.

It can be a real challenge to talk through health, finances and other personal issues with aging loved ones the goal of this free publication helps families be proactive in what to discuss with seniors and how to phrase questions. There are also easy-to-use planners to help with gathering documentation and pertinent information to ensure elders receive the best care now and in the years ahead. RightConversations is a complimentary resource that reduces family caregiver stress and builds rapport between elders and their concerned family members.

If you wish to access the free RightConversations resource you can find it at <https://www.rightathome.net/resources/guides/right-conversations>

8 Tips to Improve Family Caregiver Communication

If you do not have internet access here is a

summary of the tips listed in the guide. These realistic ideas will help foster strong family dynamics to ensure the safety and comfort of older relatives:

1.Gather accurate, relevant information to help you assess signs of your senior's changing needs. Are bills being paid? What about spoiled food in the home? Are they wearing the same clothes for days on end? Note if your senior can no longer perform certain tasks fully or independently. Listen to your inner voice. It could be telling you that something is not quite right and that your loved one's condition is changing.

2.Review the facts and avoid personal biases so your loved one does not feel judged or pressured into what you want. Be aware that unresolved issues such as built-up anger or frustration from the past may block current dialogue. Limit your assumptions about your senior's well-being and stick to factual observations.

3.Involve siblings from the beginning in conversations with your older parent or relative. This may mean putting aside personal challenges with a brother or sister to seek the interests of your parent. Your senior may be sharing information differently with other family members, so it's important to address these differences upfront.

4.Create a positive conversation by listening with intent to understand rather than to respond. The goal is not to give advice but to express love and concern for your aging loved one. Sharing feelings with a friend, counselor or support group can help keep your emotions in check during family discussions.

5.Understand why your loved one may withhold information or resist sharing emotional vulnerability. Keep in mind that elders typically come from a generation of holding personal thoughts and fears to themselves. While you are focused on protecting your parent's home environment, your mother or father may be afraid of losing their independence or being abandoned in a care facility.

6.Be aware of the tendency of your loved one feeling ambushed by a "you" versus "us" approach. Acknowledge each other's perspectives and focus on partnering to create a plan to keep them independent rather than acting in opposition.

7.Be prepared for what to do if your loved one says "no" to suggestions for personal assistance and home care. If the conversation stalls, be prepared to take a step back and give your senior time to think through your words and concerns. Try positive language such as "by doing , we are able to keep you in your home longer" or "we can spend more time together by doing ."

8.Because I love you. Above all try to help

your loved one to understand that your concern is an act of love and concern. It is not an attack of their ability to care for themselves. Their happiness and safety are at the root of your concern.

While it can be disconcerting to see older loved ones show signs of needing more assistance with daily activities, many seniors are actually relieved their families notice and care. Exploring concerns and options together makes for shared decision making and meaningful relationships well beyond the initial stressful conversation.

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

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BY IRENE MARINELLI
for The Dominion Post

*"Now every field is clothed with grass,
and every tree with leaves;
now the woods put forth their blossoms,
and the year assumes its gay attire."
~ Virgil*

Today I cleaned my small greenhouse at the top of the garden. The air was so mild, the sun poured down its golden light like melted butter from the bowl of heaven. After the long, cold winter this first small hint of spring was more than welcome. It felt good to be doing something spring-like, readying the greenhouse for the rows and rows of seedlings that would soon fill its shelves. It turned out to be a long, tedious chore only because I had allowed the greenhouse to become cluttered with things that didn't belong there. Once more I was made aware of the difference decluttering any space makes in cleaning it and putting it to good use. Coming inside to shower after all that dirty work, I made great plans for the days and weeks ahead when I would put together my vertical planter, fill the new raised beds and plant a variety of seeds in the greenhouse. Then, as we were settling in the family room to watch a movie after dinner Rob told me the weather forecasters predicted snow and cold for the coming week. Such are the vagaries of spring.

Every year this glorious season we call spring comes on tiptoe to quicken our senses. Actually it's probably a good thing the season doesn't burst upon us without warning. Indeed, the fact that rain comes almost constantly, the thermometer drops and we sometimes even have a hefty snowfall in between days of beneficent warmth and sunshine makes us look forward even more to the time when spring arrives to stay until it makes way for summer.

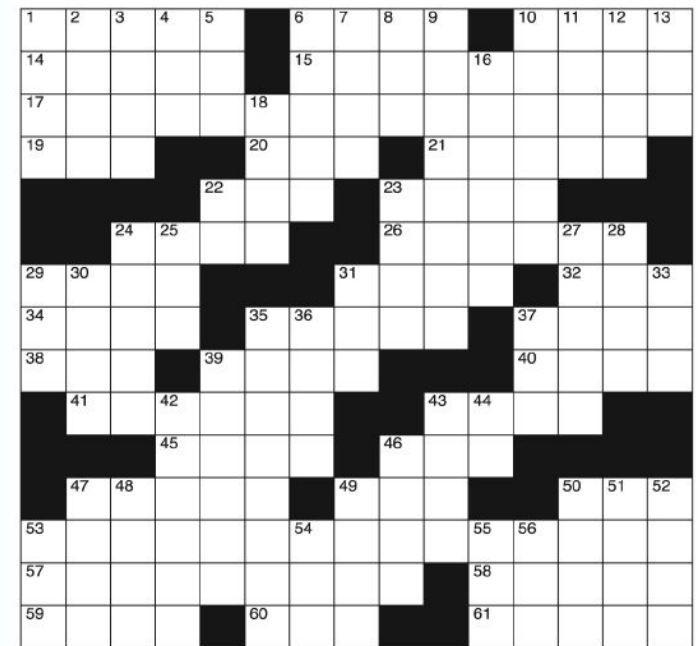
Sometimes thinking about spring brings some unusual rumination. Renewal comes to mind and I wonder if we humans are programmed to accept and seek renewal when the darkness of winter is over and spring opens the door to warmth and light.

Perhaps this season is the perfect time to look at some of the areas in our lives that could use tweaks and even changes. Relationships, our health, those habits that have hung on uselessly far too long. We can focus on new beginnings, for spring is not only a season of renewal but also a season of rebirth. All of nature is focused on new life. We might be wise to bring some changes, some "newness" to our own lives during this season.

"Anticipation" is a word that points to springtime. The hope of sunny days, the sense of motivation is high in the spring. We expend time and effort on cleaning and organizing our homes, our gardens and all our living spaces. We could, as well, look honestly and carefully at our lives, getting rid of grudges, useless anger, habits that inhibit our good health and well being. Decluttering is not only beneficial for our living spaces, but also for our thinking and decision making. As we anticipate picnics, family gatherings, swimming and boating and other delights of summer, so can we anticipate a healthier body, a more gentle spirit with changes we can make.

I think of spring as a gift, a forever gift. L.M. Montgomery writes, "That is one good thing about this world ... there are always sure to be more springs." More springs and more chances for basking in the sun. The earth turns and the seasons change. What we do with each season is something to think about, to plan and to enjoy.

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



CLUES ACROSS

- | | |
|--|---------------------------------------|
| 1. North American people | 37. Philippine island |
| 6. Chinese surname | 38. Domesticated animal |
| 10. Fit in at the last minute | 39. Plant of the lily family |
| 14. "Very" in musical terminology | 40. Bluish green |
| 15. Underwater displays | 41. ___ Tomei, actress |
| 17. Crosby's bandmates | 43. Without (French) |
| 19. Belong to he | 45. Lilly and Manning are two |
| 20. Informed about the latest trends (archaic) | 46. Apply pressure to |
| 21. Sequences of alternating turns | 47. Divide in half |
| 22. Genus of grasses | 49. Bad deed |
| 23. Satisfy | 50. Don't know when yet |
| 24. Petty quarrel | 53. Hollywood's greatest honor |
| 26. Made level | 57. Aiming to exhort |
| 29. Ruler of Iran | 58. Faked |
| 31. Historical region of Syria | 59. A way to pierce |
| 32. Food suitable for babies | 60. Midway between northeast and east |
| 34. Something to lend | 61. Points |
| 35. Zone of oceanic trenches | |

CLUES DOWN

- | | |
|-----------------------------------|---|
| 1. Chop up | 30. Precursor to hemoglobin |
| 2. ___ Spumante (Italian wine) | 31. Much ___ about nothing |
| 3. Egyptian goddess | 33. Compound fabric (abbr.) |
| 4. Split pulses | 35. A way to act slowly on |
| 5. Afflict | 36. Ottoman military commanders |
| 6. Type of area rug | 37. Popular kids' network |
| 7. Tide | 39. Hard compound |
| 8. Affirmative | 42. Sympathize with |
| 9. Sudden change | 43. Northeast college |
| 10. One picked | 44. Blood group |
| 11. Debauched man | 46. Frosted |
| 12. Stiff bristles | 47. Turn away |
| 13. Famous arena | 48. Benefit |
| 16. Established rules and methods | 49. Dry or withered |
| 18. Injection | 50. Bangladeshi monetary unit |
| 22. Father | 51. Reproduced |
| 23. Protein-rich liquids | 52. Contributes |
| 24. He delivers gifts | 53. Thrust horse power (abbr.) |
| 25. Advanced degree | 54. Wear |
| 27. Fencing swords | 55. Promotes retention of water (abbr.) |
| 28. Chinese mountain range | 56. Very small |
| 29. Shaft horsepower (abbr.) | |

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

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Senior Monongalians - Events and activities

DONATE WITH AMAZON SMILE - Summer and travel season is almost upon us. Your shopping list grows ever longer as you think about the clothes you'll need, the gifts for graduation and birthdays, and those vacation necessities. Or maybe you have embraced shopping online for almost everything. As you go to Amazon to make those important purchases, why not sign up for Amazon Smile. Amazon Smile is the place to designate your favorite charity and have a percentage of your total purchase donated to that charity. Senior Monongalians is on the list of local charities that you can choose. By utilizing Amazon Smile, the programs and services offered to the older adults of Monongalia County and their families will continue to thrive.

INTRODUCING THE SENIOR PANTRY PROGRAM - What do you do when you need to pick up groceries? We jump in our cars and go to the grocery or corner store. It may seem like a weird question to ask. Although for our Home Delivered Meals clients getting grocery, household, or personal care necessities at the drop of a hat is usually impossible. Wanting to reach out a helping hand to these clients? Senior Monongalians has opened the Senior Pantry Program.

How will the pantry work? When a home delivered meal client has a need for a non-perishable item, hygiene, or even pet care items; they can fill out a request form and give it to their HDM driver. The driver brings it to the office and we see if we have or can get the item. Once the item is obtained, it will be delivered to the client by their meal delivery driver. The goal is to be able to fill the request within a couple days. This is an on-going program. With that said, we need your help gathering pantry items. Those that would like to help can make donations of needed items. Monetary donations are also greatly appreciated. Please specify that monetary donations are for the Senior Pantry Program. Before shopping for items, please call 304-296-9812 for a list of most needed items. Among the most asked for are: brooms, mops, bucket, bathtub grab bars, wash cloths, towels, and pet care items.

INDOOR DINING LUNCH - Seniors are invited to join us for a hot, delicious lunch in our lunchroom. Current lunch capacity is limited to 35 people per day. Lunch is served from 11:30 a.m. to 12:30 p.m., Monday through Friday. Adults aged 60 or older are eligible to eat on a donation basis. A suggested donation is \$2.00. Lunch is available on a first come, first serve basis. Menus are available on our Facebook page, our website: www.seniormons.org, and at Senior Monongalians' office. All menus are subject to change without notice.

ZOOM TRANSPORTATION TO SENIOR MONONGALIANS - Would you like to participate in the activities that we offer, but are unable to get here? Are 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. The service is available Monday - Friday. The ZOOM driver will pick you up at your home and drop you off at our front door. This may allow you to participate in activities 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 aged 60 and older. If you have questions or would like to sign up for the ZOOM transportation, call 304-296-9812.

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

POOL - Monday, Wednesday, Friday - 1:00 to 3:00 p.m. 4 people per table (2 tables)

COMPUTER LAB - Monday, Wednesday, Friday - 1:00 to 3:00 p.m. 1/2 hour, 1 person, 1 computer. Must sign consent form.

DOMINOES - Tuesday and Thursday - 1:00 to 3:00 p.m. Nutrition Room, 4 people per table, 6 sets

MAHJONG - Monday, Wednesday, Friday - 9:00 to 11:00 a.m.; 1:00 to 3:00 p.m. Nutrition Room or Library, 8 people per table

CARD GAMES - Monday - Thursday, Nutrition Room, 9:00 to 11:00 a.m.; 1:00 to 3:00 p.m.

SPONSORED BINGO - Every Friday, 10:00 to 11:00 a.m.

EXERCISE ROOM - Monday - Friday, 9:00 a.m. to 3:00 p.m., 1/2 - 1 hour per person, 6 people max.

GROUP EXERCISE WITH NATHAN - Second Wednesday each month

VITAL SIGNS CLINIC - Thursday 10:00 to 11:00 a.m., Nutrition Room

LIBRARY - Daily, 8:00 a.m. to 4:00 p.m.

WALK WITH EASE RETURNS - Senior Monongalians is proud to announce the return of the Walk with Ease fitness program. Walk with Ease is a fitness and educational program developed by the Arthritis Foundation. The group will meet on Mondays, Wednesdays, and Fridays to walk, learn, and socialize. Participants will need to pick up an information packet before the initial Walk with Ease session in early April. Keep watching the Senior News and our Facebook page for more information.

SPECIAL EVENTS - Subject to change.

Friday, May 6th from 10:00 a.m. to 12:30 p.m. - MOTHER'S DAY LUNCHEON - Join us for our annual tribute to moms and the important ladies in our lives.

Tuesday, May 10th at 10:30 a.m. - PALLIATIVE CARE 101 - Maria from WV Caring will discuss what is hospice and palliative care.

Friday, May 13th at 10:00 a.m. - BINGO WITH AMEDISYS - Cara and Courtney from Amedisys will lead a few games of bingo and award prizes to winners.

Friday, May 20th at 10:00 a.m. - SPONSORED BINGO - Sponsor to be announced.

Friday, May 27th from 9:00 a.m. to 1:00 p.m. - FREE HEARING TESTS - Jodi from the Beltone Hearing Aid Company will be available to conduct FREE baseline hearing tests, perform basic cleaning and maintenance, and answer questions that you have about good hearing.

Friday, May 27th 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.

Monday, May 30th - CLOSED FOR MEMORIAL DAY

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:** 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.

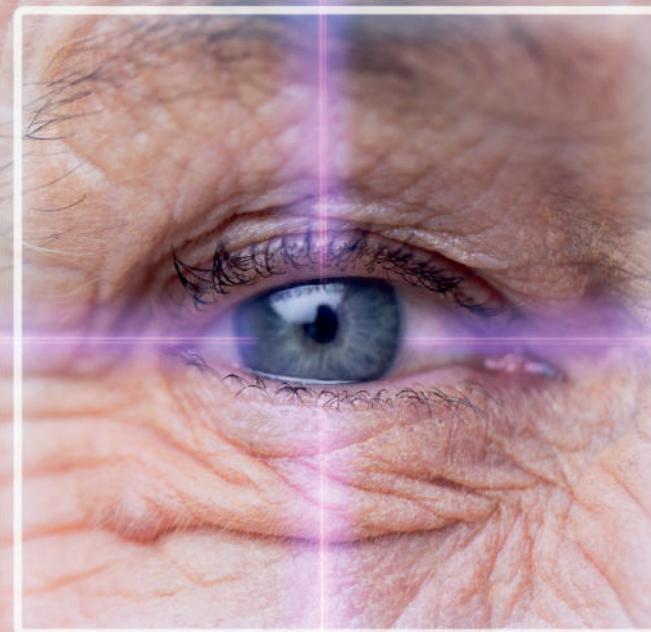
WV Emotional Support Hotline: 844-435-7498

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.

Advanced Eye Care, Right Here.



**Fortunately, one of the country's premier
centers for eye care is right here in our area.**

The board-certified oculoplastic surgeons at the WVU Eye Institute are trained in a variety of eyelid and facial surgeries, including plastic, reconstructive, and cosmetic procedures to improve function and enhance appearance following disease or injury. With this level of expertise, patients no longer need to leave the state to find specialized eye care.

 **WVU**EyeInstitute™

**To schedule an appointment at one of our clinics
in Morgantown, Bridgeport, or Summersville, call:**

855-WVU-CARE

WVUMedicine.org/Eye