

Senior Post

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Miracle Ear
*helps diagnose, treat
hearing loss*

JULY 2022
A MONTHLY MAGAZINE BY

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Family Serving Families



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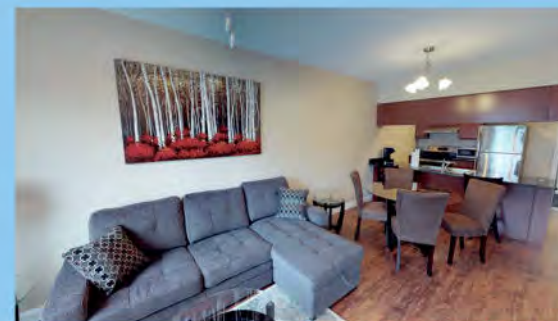
On the cover: Clint McCandless, owner/specialist of Miracle Ear, located in Westover, WV. Submitted photo.



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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

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Estate planning for asset protection



BY DOREEN SEAMON
for The Dominion Post

This year this article is following a hypothetical couple (“John” and “Sue”) through their lives to see what role estate planning had on their family. To review prior articles, go to SeamonLawOffices.com/Blog.

We first started working with the Smith family when we helped the grandmother obtain long-term Medicaid benefits, then we helped her son, Joe and his wife, Barb, with their estate plan as well as their daughter and her husband as they had young children and adopted a nephew with special needs. Now, Joe recently received some bad news from the doctor, he has just been diagnosed with dementia. Joe and Barb are pretty shaken up, so they decided to bring their daughter, Sue, to their consultation. They are very distraught and the thought of having Sue along is

comforting to them.

Joe is still doing well enough to pay the bills and most things that he has always taken care of, but he had a couple red flags recently. Joe’s mother had dementia so he was proactive in getting tested. They are still keeping his diagnosis private for now since they still need to deal with this reality before sharing it with extended family and friends.

Given Joe’s diagnosis of dementia, the couple thought they should review the decisions they made years ago and make sure that they had the most up-to-date documents possible. That was very forward-thinking on their part because a lot of clients are so consumed with their health issue, that they procrastinate on the legal issues. Both can be addressed at the same time.

The review was helpful because they realized they had included Joe’s brother as a potential fiduciary, and they had drifted apart

quite a bit. They decided that they’d probably prefer to replace him with their son-in-law, John. But the decision they most regretted was that they had not purchased long-term care insurance when they were younger and healthier. They remembered we had discussed that some trusts will help to legally protect assets, but at the time of that discussion, they were not that concerned.

We reviewed that certain irrevocable trusts can be utilized to legally protect certain assets from long-term care costs. An added bonus to this type of trust for wartime veterans and their surviving spouses is that they could also use it to potentially qualify for Veterans pension benefits such as the Aid and Attendance pension. As a veteran, Joe was very interested in this option, but he had concerns about the tax implications of gifting to a trust. He knew enough to know that the farm his parents gifted him had a very low basis, so he was concerned about how that would affect him. The good news is that this type of trust can be used to

secure assets during a person’s lifetime so they may qualify for long-term care Medicaid or the Veteran’s pension while having the desired tax outcome whether they are sold during that person’s lifetime or when they are inherited upon the person’s death.

For this type of trust to be fully protective, it must be in place for five years for long-term care Medicaid protection and three years to qualify for the Veterans pension. Joe and Barb felt confident that they would not need care within that time period, so they were very interested in setting up their irrevocable trust. Despite not having purchased the long-term care insurance prior to Joe’s illness, they were relieved to know there were some other options for their family!

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

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.



Assisted Living
at Evergreen
in Morgantown, WV

project GREEN

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THE DOMINION
Post



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Clint McCandless
Owner/Specialist

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Miracle Ear

helps diagnose, treat hearing loss



Clint McCandless (pictured above) is the owner/specialist of Miracle Ear, located on Fairmont Road in Westover, WV.

BY JADE RUGGIERI

The Dominion Post

More than 48 million people in the United States experience hearing loss. Although hearing check-ups are often overlooked, getting a hearing test as part of a yearly routine health screening, much like an eye test, is essential.

Miracle Ear offers free diagnostic hearing tests for patients, including air and bone testing to ensure thorough and thoughtful care. Clint McCandless, owner of Miracle Ear in Morgantown, has been with the company for 20 years as a hearing instrument specialist.

"There is no permanent fix to cure hearing loss, but there are ways to aid it with hearing instruments," McCandless said. "The sooner people have a test done and start taking care of their hearing, the better the results people will have, especially long term."

Miracle Ear also offers audiometric speech testing, a test that checks how loud it needs to be for the patient to hear. After a diagnostic test, McCandless said the next step with Miracle Ear is discussing the results to understand the issues the patient is experiencing.

If hearing aids are needed, the options available are discreet, water-resistant, and comfortable. Often, they're rechargeable and contain artificial intelligence to analyze different noise settings to reduce background noises.

Since hearing aids are Bluetooth capable, they can pair with the user's phone to conduct phone calls or stream directly with a TV so the wearer can hear directly through the hearing aid itself.

"Wearing hearing instruments and helping your hearing health helps fight against social isolation, depression and falls because, through studies, those who have aided their ears have better balance," McCandless said.

If ignored, hearing loss can create lasting problems for individuals.

"A lot of data is coming out that people with untreated hearing loss have a higher degree of cognitive issues and dementia," McCandless added.

Even if someone is not facing current hearing issues, McCandless said it is still important to do a yearly hearing test as it can create a baseline on file to see how a patient's hearing changes over time.

"I believe it's one out of every three people over 65 have a hearing loss," McCandless said.

"We've [Miracle Ear] been doing this for over 75 years," McCandless emphasized. "We don't charge for hearing exams and if the person wants to take the next step and do hearing aids, we have many different options to do that."

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- Errands and shopping • Caring for pets
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- Veterans homemaker benefits
- Long-term care insurance
- Various others, call for details

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- Holidays

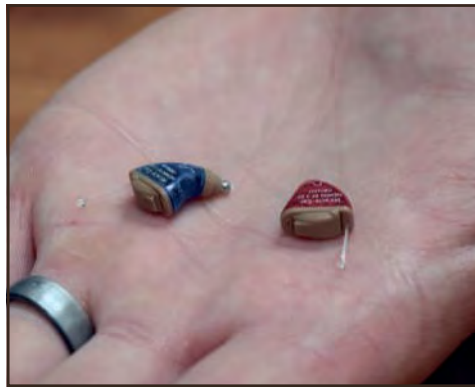
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Submitted photos
Pictured above are sample hearing aids of what Miracle Ear has to offer.

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
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Preston County

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The Village
at Heritage Point

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.

OUR 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.

GRAB & GO LUNCH STILL AVAILABLE - For those who are more comfortable eating their lunch at home and/or tired of cooking, we offer a Grab & Go lunch program to adults aged 60 years or older. This service is offered Monday through Friday. Reservations are required. Make your reservation by calling 304-296-9812, from 8:00 until 10:30 a.m. A staff member will bring your hot lunch to your curbside. Grab & Go lunch is at a donation basis. A suggested donation is \$2.00. Menus are available on our Facebook page, our website: www.seniormons.org, and at Senior Monongalians. All menus are subject to change without notice.

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, our Home Delivered Meal (HDM) program may be an option. The HDM program offers a hot, nutritious meal, delivered to your door Tuesday through Friday. You may also be able to receive frozen meals for Saturday, Sunday and Monday. As part of this program, our drivers make a "wellness check" contact with the client.

Who is eligible to receive meals? Monongalia County residents 60 years of age or older. This service can be used on a long-term or a 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.

NUTRITION AND AGING - Research shows that how we eat plays a huge part in how we age. Wading through all the food myths and misinformation can drive you crazy. As part of our wellness programs, Senior Monongalians is sponsoring quarterly nutrition based education presentations. On Tuesday, June 28th at 10:45 a.m., Cathy Clark, Nutritionist with the Bureau of Senior Services, will discuss the link between nutrition and aging. We invite you to join us for this informative presentation.

DAILY ACTIVITIES SCHEDULE

POOL - Monday through Friday 1:00 - 3:00 p.m. • Monday, Tuesday, Thursday 8:00 - 11:00 a.m.

COMPUTER LAB - Monday through Friday 8:00 a.m. - 3:45 p.m. • Must sign consent form.

DOMINOES - Tuesday and Thursday 1:00 - 3:00 p.m. • Nutrition Room or Library, 6 sets

MAHJONG - Monday, Wednesday, Friday 8:00 - 11:00 a.m., 1:00 - 3:00 p.m. • Nutrition Room or Library

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

EXERCISE ROOM - UNLESS RESERVED - Monday through Friday 8:30 a.m. - 3:45 p.m.

GROUP EXERCISE WITH NATHAN - Second Wednesday each month

VITAL SIGNS CLINIC - Wednesday 10:00 - 11:00 a.m. • Nutrition Room

One of our registered nurses will be available to check your blood pressure, pulse and weight. These items are monitored and recorded for your convenience to share with your doctor or for your personal monitoring.

LIBRARY - UNLESS RESERVED - Daily 8:00 a.m. - 3:45 p.m.

SUMMER BIBLE STUDY FELLOWSHIP FOR WOMEN - Starting June 2nd, each Thursday 1:00 - 2:30 p.m.

Senior Monongalians Events and activities (continued)

SPECIAL EVENTS (Subject to change)

WEDNESDAY, JUNE 15th - WORLD ELDER ABUSE DAY

MVB Bank will host an important discussion about elder abuse. What constitutes as abuse? What to do if you or someone you know is a victim of abuse. Ways to prevent elder abuse.

FRIDAY, JUNE 17th - FATHER'S DAY CELEBRATION

Calling all men, join us for a tribute to dear old dads, honorary dads, and those men that mean a lot to us. WV Caring will be hosting an ice cream social. More information will be released on our Facebook page as we get closer to the event. Hope to see you there!

FRIDAY, JUNE 24th - from 9:00 a.m. to 1:00 p.m. - Free Baseline Hearing Test

UPCOMING SPEAKERS AND EVENTS

TUESDAY, JUNE 28th - WVU AUDIOLOGY

Leah from WVU Audiology will discuss the importance of good hearing and the revamped services offered through their program.

TUESDAY, JUNE 28th - from 10:45 to 11:15 a.m. - NUTRITION EDUCATION PRESENTATION

Kathy Clark, Nutritionist for the Bureau of Senior Services, will discuss the important link between your nutrition and how you age.

MONDAY, JULY 4th - CLOSED FOR INDEPENDENCE DAY CELEBRATION

TUESDAY, JULY 5th at 10:30 a.m. - MEDICARE WORKSHOP WITH HIGHMARK

Tiffany from Highmark will discuss a variety of topics that seniors need to consider when filing for Medicare.

FRIDAY, JULY 8th at 10:00 a.m. - BINGO WITH HIGHMARK

Tiffany from Highmark will lead a few games of bingo and award prizes to the winners.

TUESDAY, JULY 12th at 10:30 a.m. - MVB PRESENTATION

FRIDAY, JULY 22nd from 9:00 a.m. to 1:00 p.m. - FREE HEARING TEST

Jodi from Beltone will conduct free baseline hearing tests and answer questions that you have regarding good hearing.

FRIDAY, JULY 22nd at 10:00 a.m. - BINGO WITH BELTONE

A representative from Beltone will lead a few games of bingo and will award prizes to the winners.

TUESDAY, JULY 26th at 10:30 a.m. - ALZHEIMER'S DISEASE DISCUSSION

A representative from the Alzheimer's Association will discuss the basics of Alzheimer's Disease. She will also talk about the Alzheimer's Support Group.

WAYS TO CONTACT OR FOLLOW SENIOR MONONGALIANS

WEBSITE: www.seniormons.org • **FACEBOOK:** Senior Monongalians • **PHONE:** 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

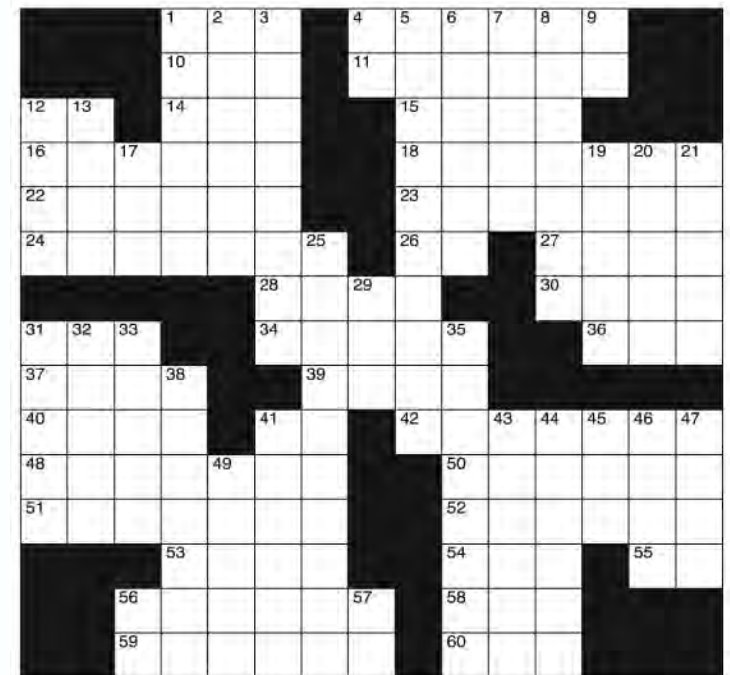
West Virginia-based individuals will provide information about COVID-19 vaccine schedules. Seniors without a computer should use this number to register for the COVID-19 vaccine. The hotline is available Monday through Friday 8 a.m. - 6 p.m. and Saturday 9 a.m. - 5 p.m. Hotline is not available on Sunday.

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.



CLUES ACROSS

- | | |
|------------------------------|-----------------------------------|
| 1. Basics | 36. Very fast airplane |
| 4. In a new way | 37. Czech river |
| 10. ___ Paulo, city | 39. Private school in New York |
| 11. Jailhouse | 40. Israeli dance |
| 12. Expresses surprise | 41. Electron volt |
| 14. Trigraph | 42. Adjusting |
| 15. A small stream | 48. Duct by the bladder |
| 16. Dissimilar | 50. Small burger |
| 18. Promote | 51. Begin again |
| 22. Gives a boost | 52. Unstuck |
| 23. Lawmaker | 53. Jai __, sport |
| 24. Orthodox Jews | 54. Get free of |
| 26. Actor Harris | 55. For instance |
| 27. Wild cherry | 56. Hotel chain |
| 28. Participate in democracy | 58. A team's best pitcher |
| 30. Opposite of begins | 59. Extracts from various sources |
| 31. A Brit's mother | 60. Indefinite period of time |
| 34. Set of moral principles | |

CLUES DOWN

- | | |
|----------------------------------|---------------------------------------|
| 1. St. Francis of ___ | 29. N. Vietnamese ethnic group |
| 2. Supported | 31. Gold coin used in British India |
| 3. United in working | 32. Have deep affection for |
| 4. It cools your home | 33. Ponds |
| 5. Predicting | 35. Breaks between words |
| 6. Irritated | 38. Hairstyle |
| 7. Popular talk show host | 41. Print errors |
| 8. Fabric edge | 43. Family of iron alloys |
| 9. A resource for employees | 44. Sidelined in bed |
| 12. Broadway's Jackman | 45. Many couples say it |
| 13. Small water buffalo | 46. Brazilian hoopster |
| 17. City of Angels: ___ Angeles | 47. Allman Brothers late frontman |
| 19. Asteroids | 49. German city |
| 20. Tailless amphibians | 56. One hundred grams (abbr.) |
| 21. German expressionist painter | 57. One billionth of a second (abbr.) |
| 25. What drives you | |

Solution on page 10.

How empty nesters can overcome boredom



Metro Creative Connection

Raising children is a significant responsibility. Parents know there's no such thing as a day off, which is why the first day they come home to an empty nest can be so confounding.

After roughly two busy and likely hectic decades or more of looking after their children, parents whose sons or daughters have left home for the first time may experience feelings of sadness and loss. That's not unusual, as the Mayo Clinic notes it's a phenomenon known as "empty nest syndrome." Though it's not a clinical diagnosis, empty nest syndrome can be a difficult hurdle to overcome, especially for parents who find themselves suddenly bored after years of being so busy. Empty nesters looking to banish boredom can consider these strategies.

- Give your home a new look. Parents go to great lengths to make their homes welcoming safe havens for their children. Moms and dads

often joke that, between play rooms and study areas, kids get the bulk of the real estate under their roofs. Now that the children have moved out, parents can take back that space and refresh their homes. A home that's adapted for empty nesters will look quite different from one designed for families with young children. So a renovation or redesign can provide plenty of work that can fill idle time and instill a sense of excitement about the future.

- Become a weekend road warrior. Newly minted empty nesters are likely still working full-time. But now that there's no soccer practices or band recitals taking up valuable real estate on your weekend schedule, Saturdays and Sundays can provide perfect opportunities to travel. Plan routine weekend getaways, choosing different locales for each trip. Visit a city one weekend and devote a subsequent trip to the great outdoors.

- Reconnect with old friends. Some individuals experiencing empty nest syndrome

may be hesitant to admit they're experiencing feelings of sadness and loneliness. But a recent Sky Mobile study of parents of teenagers in England found that 47 percent were fretting about having an empty nest. So it's likely that old friends and fellow parents are experiencing feelings associated with empty nest syndrome. Reaching out to old friends is a great way to reconnect and can provide an outlet to discuss feelings parents might be hesitant to share with others. But empty nesters who experience significant feelings of sadness and loneliness are urged to speak with a health care professional as well.

- Replace kids' activities with your own. After years of toting kids from one extracur-

ricular activity to another, empty nesters can now do the same for themselves. Visit local community centers and libraries and ask about classes for adults. Many offer classes on everything from crafts to sports. Adults also can research continuing education programs at local colleges and universities if they're interested in a career change or pursuing an advanced degree for personal enrichment.

Newly minted empty nesters can look at their empty nest as an opportunity to engage in activities that pique their interests after years of catering to the needs and wants of their children.

PUZZLE SOLUTION

			A	B	C			A	F	R	E	S	H			
			S	A	O			C	O	O	L	E	R			
H	A		S	C	H			R	I	L	L					
U	N	L	I	K	E			E	L	E	V	A	T	E		
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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



The possibility of living a good life into our ninth decade



BY IRENE MARINELLI
for The Dominion Post

Last year, while sitting on a friend's porch, enjoying a glass of iced tea, an unusual topic snaked its way into our conversation. The result was a question we both pondered: How long do we want to live? This unusual question we contemplated over our tea and cookies floats to the surface of my mind every now and then.

How long do we want to live? Surely everyone's answer depends on a number of different and highly individual factors. Probably, for most of us the answer would depend, in part, on the state of our health as we age. Finances would probably weigh in on the answer as well. Whatever the answer we come up with, it surely brings up other questions: Do we have a choice in the matter? Is there anything we can do to increase our chances of reaching our 9th decade and beyond, assuming this is what

we'd like to do?

The question my friend and I pondered that summer on her porch was brought to mind when I watched an interesting special about the 90+ Study. In 1981 the Leisure World Cohort Study was launched. An incredible number of subjects (14,000), all residents of a California retirement community, received surveys with questions about their health, life style and other areas of their lives.

In 2003 these surveys became the nucleus for further research, titled the 90+ Study. In this study researchers used the subjects from the LWCS of 1981 to understand what factors play a serious role in helping people live to the age of 90 and beyond. Participants in the 90+ Study were examined and tested every 6 months. These tests included both physical and neurological components.

Some of the findings from the 90+ Study surprised me. For example, the researchers

found that moderate intake of alcohol was not detrimental to health. In fact, the study's results showed those who drank alcohol in moderation lived longer than those who practiced complete abstinence. Similar results were found for drinking coffee. And how about this one for a surprise: According to the study's findings, gaining, not losing, a few pounds as we reach our 7th and 8th decades is actually beneficial to our health and longevity.

The 90+ Study caught my interest enough to do some further reading. I discovered the U.S. Census Bureau tells us the population of Americans in their 90's will increase to 7.6 million over the next 40 years. Their projection is that in less than 15 years 90+ Americans will make up 21% of the population.

Besides being blessed with good genes, there's also some pertinent advice out there for those who aspire to live into their 90's. Basically, we should move more, get out of that recliner and get moving; find a purpose and goals; stay

connected with people; find a way to manage chronic stress; Learn something..anything.. new; forget fancy diets and eat wholesome, homemade, chemical-free food.

There is an interesting article about a series of interviews with 90+ people, asking if they had any regrets. The majority of their responses had nothing to do with careers or achievements. Instead, 90+ people regretted not spending enough time with those they loved, useless worrying, not taking more risks to be loving. Almost every person interviewed regretted not being more attentive to those they cherished, not taking time to nurture friendships and relationships.

Do I want to live into my 90's? I'm not sure, but I know I'd like to live whatever years are left to me in such a way that there will be fewer regrets in the end.

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

Social media: It's not just for kids anymore



Metro Creative Connection

Perhaps due to the popularity of social media among a generation of young people who grew up with it, platforms such as Instagram and Facebook are often associated with people born in the 21st century. However, a 2018 study from the Pew Institute found that 65 percent of adults between the ages of 50 and 64 used Facebook and 68 percent used YouTube.

Social media is often on the receiving end of negative attention, but it's also a potentially valuable tool that can help men and women over 50 stay connected with their communities. That's not always so easy for adults who no longer have children at home. And as its name suggests, social media can help users connect with others who share their

interests. Such connections also can be hard to make for adults over 50.

Adults over 50 may be more comfortable with social media now than they were a decade ago, but it's still a good idea to brush up on basic security measures that can help men and women protect their privacy as they utilize platforms like Facebook, Twitter and Instagram.

- Protect your personal information. No social media user has the right to access your personal information, including your address, date of birth or other data unique to you. Avoid interacting with anyone who requests personal information, employing the function to block such users from connecting with you when possible. It's also important to keep

information about travel plans private. For example, sharing details of an upcoming vacation can serve notice to potential criminals that no one will be in your house, making it a potential target for burglars.

- Aim for quality, not quantity, when building social media networks. Avoid accepting friend requests from individuals you don't know. Cyber criminals often gain access to victims via social media, so limit your social media network to people you know and trust.

- Turn off location information. The technology behind social media is impressive and even makes it possible to determine where users are when they tweet or post to other platforms. But many users, especially those

concerned about their privacy, don't want to share location information with anyone, much less strangers. Turn off location information and routinely double check to make sure it's still turned off.

- Discuss others' privacy concerns before posting to social media. Social media isn't for everyone, and some people may not want photos of themselves or their children posted to platforms like Facebook or Instagram. Prior to posting pictures or information about other people, confirm that they're OK with you doing so.

Adults over 50 are engaging with social media. But no matter how comfortable users become, it's still best to keep various social media safety protocols in mind.

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