

Senior Post

Living well and gracefully through the golden years

**Reading has impact on
long-term cognitive health**

JANUARY 2023
A MONTHLY MAGAZINE BY

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Senior Post

Living well and gracefully through the golden years



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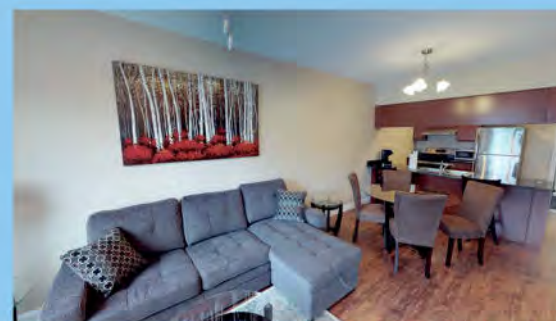
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Clay Battelle Senior Center

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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

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Make reviewing your estate plan one of your New Year's resolutions



BY DOREEN SEAMON

for The Dominion Post

As 2022 winds down, the new year is a good time to review your estate plan to make sure it is up to date. Less than half of people have estate planning documents

in place and many of those people have outdated documents. Estate planning is all about several essential documents that we will introduce in this article and then discuss in more detail in upcoming articles in 2023.

The durable power of attorney is the most important estate planning instrument for taking care of you and your family during life, as opposed to after death. This document appoints one or more people you trust to handle your finances and legal matters should you be incapacitated for a period of time due to an illness, dementia, or an accident. For

parents of minor children, it should include guardians for your children. In the absence of a durable power of attorney, your family members will need to petition the court to have a conservator appointed likely resulting in expensive and unnecessary legal fees as well as potential infighting among family members.

While the concept of the durable power of attorney is simple, the devil is in the details such as who to appoint as your agent, potential alternate agents, gifting and trust powers, and when the power of attorney becomes effective.

Like the durable power of attorney, a medical power of attorney appoints a health care representative to make health care decisions for you if you become incapacitated and your doctor determines that you are unable to make decisions yourself. For your representative to effectively assist you, you should discuss your preferences regarding difficult health care issues and end of life care now

before it is too late.

All adults need a HIPAA release. Without a release, HIPAA law bars medical practitioners from releasing medical information to anyone, even to the patient's spouse. A medical power of attorney is not sufficient because it does not become activated unless or until the patient is declared incapacitated. Also, the patient may want a much broader group of people to communicate with medical providers than just the representative. For example, a spouse and adult children.

Your last will and testament determines who will get your stuff when you die and who will be in charge of paying your bills, filing your tax returns, gathering your stuff and distributing it according to your instructions and applicable state laws. Wills are important in terms of distributing your tangible personal property, such as furniture, jewelry, tools, clothing, and vehicles. Your will should also appoint guardians for minor children. A will only con-

trols what you own in your own name alone, while other assets such as joint accounts, retirement plans and life insurance policies that go to designated beneficiaries, and property held in trust pass outside of probate.

The previous documents may be sufficient, but a revocable living trust can be a useful tool in the event of incapacity and trust assets pass outside of probate which can save your heirs time and trouble.

As you can see, most of these documents are about life not death. Of course, like insurance, these documents are still about planning for an unwanted event such as incapacity. But in protecting you and your family, it is never too early to plan!

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

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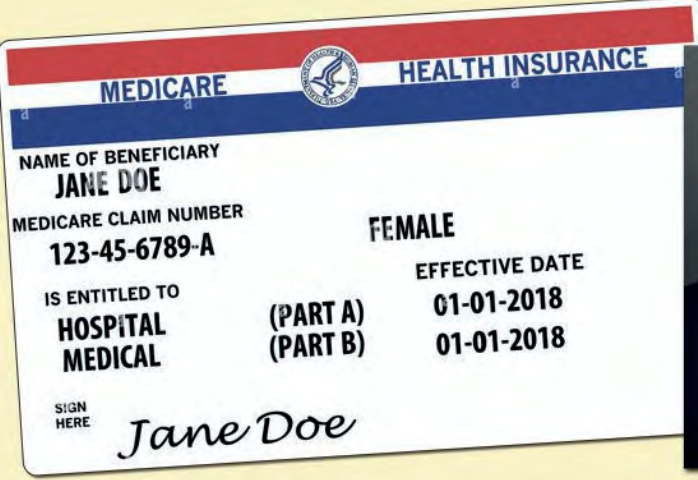

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Michael Cilella

Finding the right choice in Medicare coverage

BY LISA ELLISON

The Dominion Post

Seniors who enroll in Medicare Part A at age 65 may have questions about their coverage. Referring to the manual given upon that enrollment can be helpful to answering coverage questions.

But for those who can't find the answers to their questions, there are experts out there to

turn to. One such expert on Medicare coverage in the Morgantown area is Michael Cilella, who can be reached at 304-988-5552 or via his email: mcilella@bostbenefits.com.

Cilella, a senior health advisor, hopes to help senior citizens select the Medicare plan best suited to their personal needs and locations.

When seniors communicate with Social Security and qualify at age 65, they are

generally put on Medicare Part A. Most seniors 65 and older will qualify for Part A if they have worked and paid Medicare taxes long enough. The red, white and blue card is sent to each member upon their enrollment, Cilella said. Members are assigned a unique member ID, which is shown on their card to be shown when they receive medical care.

Cilella said that seniors can talk to "somebody like me to go over their options and complete their medical coverage."

The Aetna Medicare 2023 manual helps explain the differences between Medicare Part A and Parts B, C and D. Part A provides hospital insurance for inpatient care, and members pay no premium. Senior members often combine Parts A and B, which is thought of as "traditional Medicare," Cilella said. In this situation, members would consider purchasing "some supplemental insurance covering the 20% Medicare does not since 80% of the medical bills would be covered by parts A and B," said Cilella.

Part A is combined with B and D under Medicare Part C, the advantage plan. Medicare Part C, known as a MAPD (Medicare Advantage Prescription Drug Plan) is managed by various insurance carriers, and covers Parts A and B, plus a prescription drug plan with small copays. Some of these plans have vision, dental and many additional benefits. The combined Part C plan offers in and out-of-network doctor coverage and has annual caps on out-of-pocket costs. Part C

enrollees pay monthly premiums for Part C, while continuing their Part B premiums.

When seniors reach 65, deciding between coverage options is an important step. Such a critical choice has both financial and life consequences that may be unknown at the time of enrollment. Cilella described this as "a fork in the road to go with traditional Medicare or enroll in the Advantage Plan."

Making the right choice as a senior means choosing what is the best coverage for a member in their specific location. Under traditional Medicare (combined Part A and Part B), seniors will pay "up front monthly premiums," whereas Part C Advantage Plan has "pay-as-you-go" options, according to Cilella. Another advantage not included in Part A is the Maximum Out-of-Pocket (MOOP), which caps the yearly out-of-pocket copays for medical care.

Seniors weighing these coverage options need to consider what the inpatient daily hospital costs, medical outpatient centers and copays for ambulances are in their location. Part A does not have the benefit of global emergency care aligned with a senior's domestic copays.

Many seniors have fixed or limited financial resources, which could make only having Part A or the traditional A and B significantly consequential. This is because a lot of supplemental plans lack the added benefits (vision, dental, other services) that are covered in the Advantage Plans.



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Did you know?

According to the American Cancer Society, breast cancer mainly occurs in middle-aged or older women. In fact, the median age at the time of a breast cancer diagnosis is 62. Though it's possible for women far younger than 62 to be diagnosed with breast cancer, the ACS reports that only a very small number of women younger than 45 are diagnosed with the disease each year. Despite the average age of onset being over 60, breast cancer is highly treatable. The World Health Organization notes that breast cancer treatments routinely achieve survival probabilities of 90% or higher. However, those probabilities decline considerably in lower-income countries where access to

screening and other medical services is limited. For example, the WHO notes that five-year survival rates for breast cancer routinely surpass 90% in high-income countries like the United States and Canada. However, those rates are as low as 40% in South Africa, where early detection of the disease is less likely than it is in wealthier nations. That disparity in survival rates underscores the need for greater resource allocation in lower-income countries, but also highlights the effectiveness of screening and other measures in high-income countries where women are taught to report any abnormalities with their breasts.



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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.



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

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

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Senior Monongalians - Events and activities

“SANTA FOR SENIORS” WRAP UP - This year we have been fortunate to expand our “Santas for Seniors” event to include both our Home Delivered Meals and Community Care clients. When the news of the inclusion of even more seniors went out, the Monongalia County area and beyond stepped up to help in an amazing way. Adoption lists were posted on our Facebook page and displayed in Divine Grooming for people to choose. Families and individuals put their shopping muscles into action and purchased and wrapped wonderful presents for their senior(s). Soon the brightly wrapped packages began to arrive at Senior Monongalians. Multiple office spaces have been used for the avalanche of packages.

After checking our lists and checking it twice, the packages started to be loaded in our “sleighs” so that our driver elves can make their deliveries. When the seniors open their door to see the bright packages, their eyes sparkle with happy tears, the smiles goes on for miles, and their hearts overflow with appreciation that someone they don’t know thought of them. Our drivers walk away with a bit of a bounce in their step and a slew of heart warming reactions to share. For all these reasons, Senior Monongalians would like to extend a deep, sincere “Thank You” to everyone that participated in the “Santas for Seniors” event.

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. Although for our home-bound clients getting groceries, household, or personal care necessities at the drop of a hat is usually impossible. Want to reach out a helping hand to these seniors? Senior Monongalians has opened the Senior Pantry Program.

How does the pantry work? When a home-bound 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. 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.

We need your help gathering pantry items. Those that would like to help can purchase needed items. Monetary donations are also greatly appreciated. Please specify that monetary donations are for the Senior Pantry Program. Feel free to call the office at 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. 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. If you are interested in our nutrition program, please call us in advance prior to your first visit. 304-296-9812

GRAB & GO LUNCH - Grab & Go lunches are available for those who do not feel comfortable eating in an indoor setting. To reserve your lunch, call 304-296-9812 by 10:00 a.m. Pull up to our front door between 11:30 a.m. - 12:30 p.m. An employee will bring your lunch out to you. Older adults aged 60 or older eat at a donation basis. A suggested donation is \$2.00. Menus can be found on our website, Facebook page, or at our agency. All menus are subject to change without notice. If you are interested in this program, please call us **in advance** to register prior to your first meal.

HOME DELIVERED MEALS PROGRAM - The goal of our Home Delivered Meals Program is to provide a nutritious meal to seniors who are home bound. Drivers also perform a “well check” as they speak to meal recipients. Deliveries take place on Mondays, Tuesdays, and Thursdays. Clients will receive a hot meal on each of these days. A cold meal will be included on Tuesdays and Thursdays to be used for the following day. This will ensure that clients will have a meal during the work week.

Who is eligible to receive meals? Monongalia County residents at least 60 years of age or older and meet other requirements. This service can be used on a long-term or a temporary basis. The HDM program is a donation based service. Currently, the HDM program is on a waitlist. As clients discontinue meal delivery, those on the waitlist will be contacted. If you are interested in the Home Delivered Program, call 304-296-9812.

DAILY ACTIVITIES SCHEDULE - Subject to change without notice

POOL TABLES - Monday through Friday 1:00 - 3:30 p.m. • Monday, Wednesday, 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 - 3:45 p.m. • Nutrition Room or Library

MAHJONG - Monday and Wednesday 1:00 - 3:45 p.m. • Nutrition Room or Library

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

SENIOR SPONSORED BINGO - TBD

EXERCISE ROOM - UNLESS RESERVED - Monday, Wednesday, Friday 8:30 - 11:00 a.m.; Monday - Friday 1:00 - 3:45 p.m.

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 levels are recorded for your convenience to share with your doctor or for your personal monitoring.

WOMEN'S BIBLE STUDY AND FELLOWSHIP - RETURNING AFTER THE HOLIDAYS - Thursday 1:00 - 2:30 p.m., Non-denominational • Conference Room

EXERCISE WITH NATHAN FROM PERSONAL TOUCH - 2nd Wednesday of each month, 11:00 to 11:30 a.m.

Senior Monongalians Events and activities (continued)

GROUP EXERCISE - Tuesday and Thursday, 10:00 to 11:00 a.m. This class is led by Mary. It focuses on range of motion, flexibility, and balance exercises that can be done standing up or sitting in a chair. Space is limited to 11 people.

UPCOMING EVENTS & SPEAKERS

MONDAY, JAN. 2nd - CLOSED FOR THE NEW YEAR CELEBRATION

FRIDAY, JAN. 6th at 10:00 a.m. - BINGO WITH HUMANA - Justin from Humana will lead a few games of bingo and award prizes to the winners.

TUESDAY, JAN. 10th at 10:30 a.m. - SERVICES AT THE MORGANTOWN PUBLIC LIBRARY -

A representative from the Morgantown Public Library will discuss the variety of classes, services, and programs that are offered to adults at the library.

MONDAY, JAN. 16th - CLOSED FOR MARTIN LUTHER KING JR. DAY

FRIDAY, JAN. 20th at 10:00 a.m. - BINGO WITH EVERGREEN - Robertta from Assisted Living at Evergreen will lead a few games of bingo and award prizes to the winners.

FRIDAY, JAN. 27th from 9:00 a.m. to 1:00 p.m. - FREE HEARING SCREENINGS WITH BELTONE HEARING AID COMPANY - Jodi from Beltone Hearing Aid Company will offer FREE hearing screenings. She will also answer questions that you may have about good hearing. Appointments are preferred. Make your appointment by calling 304-366-2241.

FRIDAY, JAN. 27th at 10:00 a.m. - BINGO WITH BELTONE - A representative from Beltone Hearing Aid Company will lead a few games of bingo and award prizes to the winners.

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

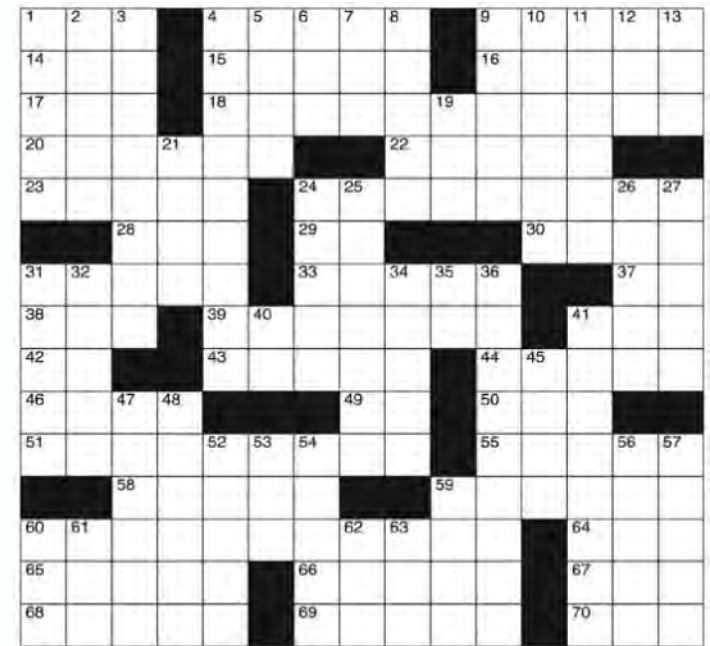
EMAIL QUESTIONS TO: gmullens@seniormons.org

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. Product or __ (abbr.)
4. Zodiac sign
9. S. China seaport
14. Former OSS
15. Early English printer
16. Aphid genus
17. General's assistant (abbr.)
18. Aussies
20. Dissuades
22. Make law
23. Drench
24. Soak in a liquid
28. Male child
29. It cools your home
30. Small constellation
31. To call (archaic)
33. Explores beneath the Earth
37. Commercial
38. W. hemisphere organization
39. You can find it in a can
41. "Land of the free"
42. 36 inches
43. Footwear
44. Challenges
46. They hold things together
49. Of I
50. Partner to flow
51. Not connected by kinship
55. Worries
58. Garlic mayonnaise
59. A way to take by force
60. Legendary English rockers
64. Your consciousness of your own identity
65. Fencing swords
66. Silly
67. Actor DiCaprio
68. Encircles with a belt
69. Mails a message
70. Longing

CLUES DOWN

1. Horse mackerels
2. It can be viral
3. Prickly plants
4. Consciousness
5. Type of sarcoma
6. Tax collector
7. Sun up in New York
8. One who scorches
9. Influential psychotherapist
10. Situated at an apex
11. Communicative
12. Forearm nerve
13. Former CIA
19. Folk singer DiFranco
21. Employee stock ownership plan
24. Large-scale
25. School environment
26. Remove
27. Male parents
31. Large rodent
32. Weighed down
34. Held tightly
35. __ route: going there
36. Explains again
40. Exclamation of surprise
41. Courteously
45. Lying down
47. Judge
48. Forcefully took
52. Loosely compacted sediment
53. High mountain
54. Portable conical tents
56. Cereal grass
57. Dining utensil
59. Thoughtful
60. Helps you walk
61. Indicates near
62. Midway between northeast and east
63. Local area network

Crossword solution on page 11.



Metro Creative Connection

Eyesight often isn't fully appreciated until it begins to diminish. Starting in one's 30s, if not earlier, a person's vision may start to be less sharp. Items at a distance or up close may be more difficult to discern, and if prescription glasses or contacts are worn, that prescription may need to be adjusted more regularly. However, there are some eye conditions that are not entirely a result of aging. Glaucoma is one of them.

According to Johns Hopkins Medicine, glaucoma is a chronic, progressive eye disease that occurs when the optic nerve is damaged. Glaucoma is the leading cause of irreversible blindness and usually occurs

when an abnormality in the eye's drainage system causes the aqueous humor fluid in the eye to build up, sometimes leading to excessive pressure that impacts the optic nerve. The optic nerve connects the retina with the brain, sending vision signals. Damage to the nerve can cause loss of eyesight. While pressure is largely to blame for glaucoma, glaucoma can occur even if eye pressure is normal.

Glaucoma is often a silent condition. The Mayo Clinic advises that many forms of glaucoma have no warning signs. With effects so gradual, no changes in vision may be noticed until the condition is in its later stages.

This underscores the importance of getting

regular eye examinations that will include measurements of the pressure in both eyes, says the Glaucoma Research Foundation. Glaucoma caught early can be slowed down or even prevented before it becomes severe. Lifelong treatment and monitoring will be needed after diagnosis.

There are different types of glaucoma. The most common is open-angle glaucoma, which occurs after the clogged fluid does not drain properly. Angle-closure glaucoma, also called closed-angle glaucoma, happens when the iris is very close to the drainage angle in the eye and the iris blocks the drainage angle. This results in an acute glaucoma attack. Some people have normal tension glaucoma, in

which eye pressure is in normal range but there are signs of glaucoma. These individuals' optic nerves may be more sensitive to pressure than others and will have to be monitored.

Certain people are at a greater risk for developing glaucoma than others. Individuals over 40; those with a family history of glaucoma; people of African, Hispanic or Asian heritage; people with high eye pressure; those who have had an eye injury; and individuals who use long-term steroid medications are at increased risk. Other factors also affect glaucoma risk.

Glaucoma should be discussed at routine eye wellness visits to prevent lasting vision damage.



Metro Creative Connection

Older adults recognize the threat posed by cognitive decline, which can make it hard for individuals to live independently. According to data from the Max Planck Institute for Demographic Research published in 2020 in the journal *Epidemiology*, since the mid-1990s, rates of dementia cases in the United States have risen steadily. Since that time, the annual increase for men is 2% and for women it is 1.7%. Researchers concluded that, "undercovering determinants of increasing cognitive impairment risk should become a research priority."

As doctors grapple with figuring out why

dementia rates are growing, individuals can do all they can to help reduce their risk for serious cognitive decline. Some reduction in cognition is to be expected with age, but dementias, such as Alzheimer's disease, should not be accepted as an inevitable side effect of aging. In fact, reading more can help people keep their brains sharp.

Studies looking at the effects of daily reading activity on the risk of cognitive decline point out that reading does, in fact, make a big difference. According to research by Yu-Hung Chang, I-Chien Wu and Chao A. Hsiung, from the Department of Public Health, China Medical University and Institute of Population Health Sciences, a 14-year study of people aged 64 and above

determined those with higher reading frequencies were less likely to have cognitive decline at 6-, 10- and 14-year interval measurements. This remained the same at all educational levels. The authors concluded that reading was protective of cognitive function later in life.

Dr. Wade Fish, Director at Northcentral University's Graduate School, advises that reading can improve memory and concentration, and also relieves stress. Brain-stimulating activities like reading have been shown to slow down cognitive decline in older age.

While reduction in cognitive decline is one benefit of reading, *Psychology Today* also

reports that bibliotherapy, or the therapeutic use of select reading materials, can alleviate many different mental health challenges. It can improve one's social cognition and ability to empathize with others. Reading also can be associated with a longer life. A cohort study drawn from the Health and Retirement Study (HRS) collected by the University of Michigan's Institute of Social Research and supported by the National Institute on Aging found book reading was associated with a 20% reduction in mortality.

Individuals who want to live longer and reduce their risk of cognitive decline can turn to books. Reading every day can support positive health outcomes.



Dog intelligence: Or why Pierre keeps outsmarting us



BY IRENE MARINELLI
for The Dominion Post

Although we've lived almost side-by-side with dogs for thousands of years, we have only recently begun to engage in serious scientific research into their mental capabilities and thinking processes. We've studied dolphins and apes for decades, but dogs have somehow been kept in that shadowed corner where they're taught commands and cute tricks and that's about it. We've trained them as working dogs in a variety of areas but we have been lax in truly understanding their canine minds.

Dr. Stanly Coren (University of British Columbia) has not only done research of his own, but has also compiled numerous studies on dog behavior. These studies agree dogs have the following abilities: counting up to 3 or 5, learning an average of 165 words, problem solving (often by modeling human behavior) and intentionally deceiving other dogs and

humans to get what they are after. Dr. Coren reports several behavioral measures have arrived at the conclusion "dogs' mental abilities are close to a human child age 2 - 2.5". Of course a lot depends on the way the dog is brought up and treated by the people who own him. An unfortunate dog that spends his life chained next to his doghouse, rarely knowing the gentle touch of a human hand, will not have much chance to exhibit his potential.

A beautiful border collie, named Chaser, has been featured on several TV shows, like "60" Minutes, along with her master. Chaser has been called the world's smartest dog. Her owner, John Pilley, has worked with Chaser, teaching her various skills, 5 days a week for 9 years. Chaser definitely outpaces a 2-year-old child in vocabulary. A toddler that age knows about 300 words. Chaser knows more than 1,000. This dog can distinguish between a noun and a verb when given a command to either "find" or "bring" or "sniff" a certain object. Chaser learns new things, not by constant repetition of the same command but by using social inference, which is the way children, around the age of one year, acquire

words. Dogs can follow and understand the meaning of a person pointing a finger at an object. When this type of inferential reasoning was tested with bonobo monkeys, the monkeys were consistently unable to understand and follow a pointing finger in order to receive their reward.

To further understand the mind of a dog researchers conducted MRI scans on dogs who had been especially trained to sit still in the scanner. This was the first glimpse of how a dog's brain works. One of the things they discovered was the dog's brain releases the hormone, oxytocin, when someone the dog loves is within sight or scent. This is the same hormone released in human mothers bonding with a new baby.

Pierre. He has solved a variety of problems to get what he wants; opening a closed door with his nails when a paw won't fit, opening the trash can lid by watching us push the button, then pushing that same button with his nose. Pierre is adept at forcing Rob to stop mowing the lawn and throw a squeaky toy, by consistently dropping it in front of the mower. Pierre will follow my pointing finger to find his toy in the bushes. He demands no less than 3 bites of chicken as a bedtime snack and won't let me walk away until he gets his third piece. Yes, he counts the pieces. Like Pierre, our dogs can be both delightful and exasperating, but they are always our clowns, our cuddlers, and our life companions.

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

We see some of these findings in our

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

PUZZLE SOLUTION

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Choose the best.**



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