

# Senior Post

*Living well and gracefully through the golden years*

**What seniors  
can do to safeguard  
their mental health**

**MARCH 2023**  
A MONTHLY MAGAZINE BY



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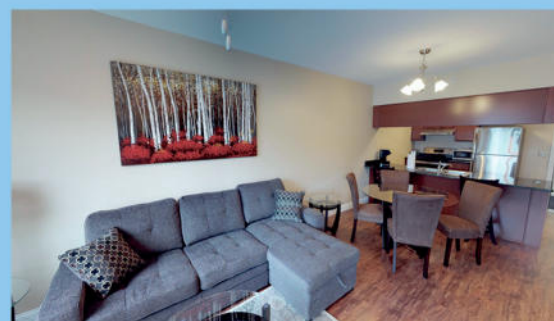
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# Senior centers and facilities

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### 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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# Do you need a lawyer to write a will?



**BY DOREEN SEAMON**  
for The Dominion Post

Many websites offer customized, do-it-yourself wills and other estate planning documents. Although such products are convenient, using them could create serious and expensive legal problems for heirs.

These digital services appear to offer a cost-effective and easy alternative to visiting an estate planning or elder law attorney, but the estate issues that result from these documents are not usually apparent until after the customer is deceased and it is too late to fix the problem. For those who truly care about who inherits their assets, it is usually wise to consult with an estate planning attorney.

People often underestimate the potential complications of their estate. For example, an

attorney can provide valuable and insightful advice regarding issues such as estate and capital gains tax issues, properly designating beneficiaries for insurance and accounts, deed issues, and family issues such as a blended family, a disabled child, or estranged children.

The following are a few examples of what can happen if you try to create an estate plan without the help of an attorney:

A Massachusetts man used a pre-packaged will form to leave his home to his wife and his four adult children from a prior marriage, but his will did not give his wife the option to remain in the house for the rest of her life. A court case ensued because his children now possessed the majority interest in the property so they could have legally forced the wife to move.

Using an online generic will, a Florida woman listed several assets that she intended to go to her brother. Later, she inherited additional

assets but her will did not contain a "residuary clause" directing where additional assets should go. After she died, her brother argued he should be entitled to her entire estate, but her nieces countered that the estate should pass intestate (under the laws of her state as if she had died without a will). The case wound through Florida's courts and eventually, Florida's supreme court ruled that the after-acquired property would pass under Florida's laws of intestacy meaning the brother was not the sole beneficiary. One of the justices called the case "a cautionary tale of the potential dangers of utilizing pre-printed forms and drafting a will without legal assistance." *Aldrich v. Basile* (Fla., No. SC11-2147, March 27, 2014).

The company LegalZoom settled a class action lawsuit brought by an unhappy customer in California. A niece helped her uncle prepare a will and trust using LegalZoom. The niece believed that the documents they created would be legally binding and that if they encountered any problems, the company's customer service

department would resolve them. The niece could not transfer any of her uncle's assets into the trust because the financial institutions that held his money refused to accept the LegalZoom documents as valid. She had to hire an estate planning attorney to fix the problems, and the attorney also discovered that the will LegalZoom created had not been properly witnessed. All this cost the uncle's estate thousands of dollars. (*Webster v. LegalZoom Inc.*, No. BC438637, Oct. 1, 2014).

The irony is that using a boilerplate will form in these cases not only frustrated the decedents' testamentary intent, but ultimately cost their estates far more than a simple consultation with an estate planning or elder law attorney would have.

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

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Metro Creative Connection

No one is immune to issues that can adversely affect their mental health, including men and women nearing retirement age and those who are already retired. Though the term “golden years” suggests life in retirement is one sunny day after another, many individuals 60 and older are dealing with mental health issues.

According to the World Health Organization, approximately 15% of the world’s adults aged 60 and over suffer from a mental disorder. What makes that statistic even more troubling is that the WHO acknowledges it likely doesn’t paint the most accurate picture of seniors and mental health, as depression is often undiagnosed among older men and women and untreated because it co-occurs with other issues affecting seniors.

In the past, the Centers for Disease Control and Prevention has acknowledged that late-life anxiety was not readily understood. However, much progress has been made in recent years thanks to a heightened awareness of the problem of seniors and mental health. That means seniors now have ample resources they can look to as they seek to learn what they can do to safeguard their mental health.

## Recognizing warning signs

The National Institute of Mental Health notes that recognizing the signs of mental health issues is the first step to getting treatment. Mental health issues vary, and individuals with anxiety will likely experience different symptoms than those with depression. But the NIMH notes that the following are some of the warning signs of mental health issues.

- Noticeable changes in mood, energy level, or appetite
- Feeling flat or having trouble feeling positive emotions
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Anger, irritability, or aggressiveness
- Ongoing headaches, digestive issues, or pain
- Misuse of alcohol or drugs
- Sadness or hopelessness
- Suicidal thoughts
- Engaging in high-risk activities
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life
- Engaging in thinking or behavior that is concerning to others
- Seeing, hearing, and feeling things that

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other people do not see, hear, or feel

### Seeking help

As noted, a growing awareness of mental health issues and how they affect seniors has translated to more available resources for aging men and women who need help. Within the United States, seniors can visit the NIMH Help for Mental Illnesses webpage (<https://www.nimh.nih.gov/health/find-help>) to access contact information for various groups that help people in times of mental health crises. In Canada, individuals can visit the Canadian Mental Health Association at <https://cmha.ca/find-help/find-cmha-in-your-area/> for contact information for various groups across the country.

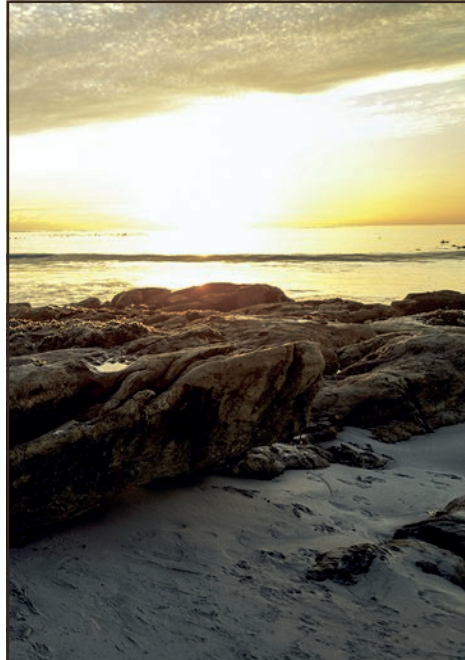
### Behaviors that can be beneficial

The National Institute on Aging notes that most cases of depression cannot be prevented. However, the NIA also notes that healthy lifestyle changes can have long-term benefits of seniors' mental health. Such changes include:

- Being physically active
- Eating a healthy diet that can reduce risk for diseases that can bring on disability and depression
- Getting adequate sleep, which for seniors is between seven to nine hours per night
- Remaining socially active, including

regular contact with friends and family

- Participating in activities you enjoy
  - Sharing mental issues or concerns with friends, family members and your physician
- Research indicates that seniors are vulnerable to mental health issues. More information about how to combat and overcome such issues is available at [nimh.nih.gov](https://nimh.nih.gov).



Stock photo, Metro Creative Connection



Metro Creative Connection

The burden on health care costs in retirement could be a significant hurdle for retirees without a sizable nest egg or effective strategy to cover such expenses. According to the Fidelity Retiree Health Care Cost Estimate, an average retired couple aged 65 in 2022 could need around \$315,000 after taxes to cover their health care expenses in retirement. Though traditional retirement goals like financing travel or relocating to a warmer climate are worthy pursuits, it's vital

that individuals of all ages, including those on the cusp of retirement, recognize the importance of saving for health care expenses as well. Such expenses, which include medication costs, are easy to take for granted when individuals are still working. However, Fidelity notes that generics, branded drugs and specialty drugs account for roughly 17% of retirement health care expenses. That equates to around \$53,500 that might be needed to pay for medication alone.

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## Every Month Medicare Explained



**Congratulations, this month's winner is Jan S. from Morgantown!**

**Q:** How do I get the most out of my Medicare plan? Are there value added services available at no cost?

**A:** Yes! A review of your plan by an authorized representative like myself can ensure that you are getting the most benefits from your plan, such as lower prescription drug costs, dental and vision coverage, OTC pharmacy benefits, gym, flex cards, and Part B money back.

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# Senior Monongalians - Events and activities

**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 does 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.

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. Feel free to call the office at 304-296-9812 for a list of most needed items. **Among the most asked for items 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](http://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 10:30 a.m. At 11:30 a.m., pull up to our front door and 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 will 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.

**FREE TAX ASSISTANCE** - Each year AARP offers free tax assistance to older adults. Trained and certified volunteers electronically file tax returns, fill out senior tax credit, and answer questions people may have. The AARP volunteers are currently making appointments. Make your appointment by calling 701-645-3109.

**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 monitored and recorded for your convenience to share with your doctor or for your personal monitoring.

**LIBRARY - UNLESS RESERVED** - Monday - Friday 8:00 a.m. - 3:45 p.m.

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

**GROUP EXERCISE** - Tuesday and Thursday 10:00 - 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.

**CANASTA - RETURNS IN THE SPRING**



# Senior Monongalians Events and activities (continued)

## UPCOMING EVENTS & SPEAKERS

**TUESDAY, FEBRUARY 28th at 10:30 a.m. - DOGS HELPING VETERANS** - The Hearts of Gold program trains dogs to assist veterans who suffer from PTSD. Join us to learn about this important program and how it impacts our community.

**FRIDAY, MARCH 3rd at 10:00 a.m. - BINGO WITH HUMANA** - Justin from Humana will lead a few games of bingo and will award prizes to the winners.

**TUESDAY, MARCH 7th at 10:30 a.m. - DEPRESSION AND OLDER ADULTS** - Mary Jane from the Depression and Bipolar Support Alliance will discuss how common depression and bipolar are in the older adult population, how to identify, and ways to find help to deal with it.

**FRIDAY, MARCH 10th at 10:00 a.m. - BINGO WITH HIGHMARK** - Tiffany from Highmark will lead a few games of bingo and will award prizes to the winners.

**THURSDAY, MARCH 16th at 10:30 a.m. - ST. PATRICK'S DAY CELEBRATION** - Wear your green and join us for our annual St. Patrick's Day Celebration. You never know what type of leprechaun magic will take place. If you are going to be joining us for lunch, please let us know ahead of time by calling 304-296-9812.

**FRIDAY, MARCH 17th at 10:00 a.m. - BINGO WITH EVERGREEN** - Robertta from Evergreen Assisted Living will lead a few games of bingo and will award prizes to the winners.

**FRIDAY, MARCH 24th from 9:00 a.m. to 1:00 p.m. - FREE HEARING SCREENINGS BY BELTONE** - Jodi from Beltone Hearing Aid Company will be available to conduct free baseline hearing screenings and to answer questions you have regarding good hearing. Appointments are required. Make your appointment by calling 304-366-2241.

**FRIDAY, MARCH 24th at 10:00 a.m. - BINGO WITH BELTONE** - A representative from Beltone Hearing Aid Company will lead a few games of bingo and will award prizes to the winners.

**FRIDAY, MARCH 31st at 10:00 a.m. - APPALACHIAN MUSIC BINGO** - Join us for this Appalachian music themed bingo hosted by WVU Department of Psychology's Appalachia and Aging class.

**\*\*\*Keep watching the Senior News section of The Dominion Post and our Facebook page for additional events and information.\*\*\***

## WAYS TO CONTACT OR FOLLOW SENIOR MONONGALIANS

**WEBSITE:** [www.seniormons.org](http://www.seniormons.org) • **FACEBOOK:** Senior Monongalians • **PHONE:** 304-296-9812

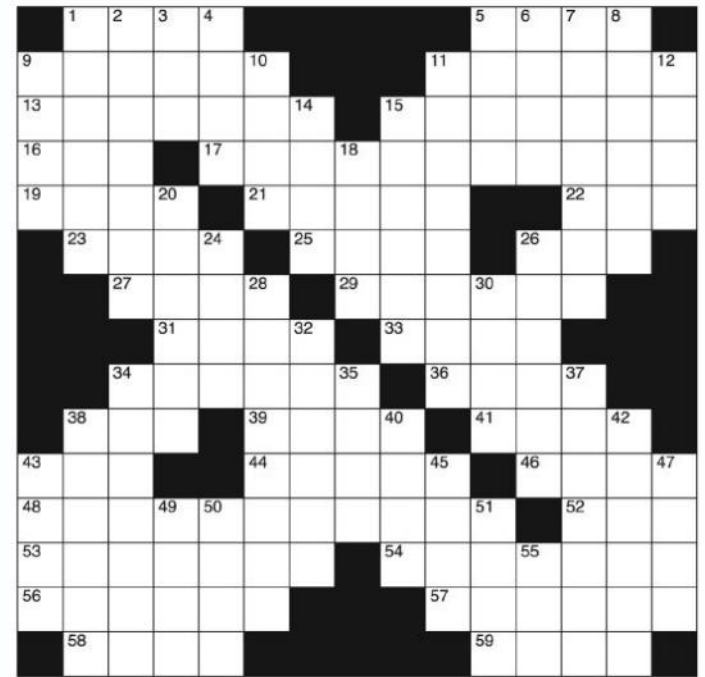
**MAILING ADDRESS:** P.O. Box 653, Morgantown, WV 26507 • **LOCATION:** Mountaineer Mall

**EMAIL QUESTIONS TO:** [gmullens@seniormons.org](mailto: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. Sea grape
5. European public health group (abbr.)
9. A way to delight
11. Appetizers
13. Ancient heralds' wands
15. Make a booking
16. '\_\_\_ death do us part
17. Pearl Jam frontman
19. Spider genus
21. Fill with high spirits
22. A major division of geological time
23. Catch
25. An independent ruler or chieftain
26. Electronic music style (abbr.)
27. Influential Spanish cubist painter
29. Illegally persuades
31. A way to derive
33. British School
34. Appear alongside
36. Surely (archaic)
38. Harsh cry of a crow
39. A day in the middle
41. Kansas hoops coach Bill
43. The longest division of geological time
44. The first sign of the zodiac
46. Appetizer
48. Link together in a chain
52. A bacterium
53. In a way, forces apart
54. Cheese dish
56. Combines
57. In an inferior way
58. Colors clothes
59. Dried-up

## CLUES DOWN

1. Gastropods
2. Confusing
3. Romanian monetary unit
4. The rate at which something proceeds
5. A prosperous state of well-being
6. Asked for forgiveness
7. Makes less soft
8. Part of speech
9. Outside
10. Advice or counsel
11. Badness
12. Protein-rich liquids
14. Not moving
15. Call it a career
18. Poetry term
20. Not wide
24. Pastries
26. Turns away
28. Satisfies
30. Gift adornments
32. San Diego ballplayers
34. Manufacturing plant
35. Check or guide
37. Dogs do it
38. Chilled
40. Scorch
42. Unproductive of success
43. Electronic counter-countermeasures
45. Attack with a knife
47. Feel bad for
49. Enclosure
50. Assert
51. Geological times
55. Midway between east and southeast

Solution on page 11.







## How do Medicare members describe their own experiences?

**BY LISA ELLISON**

for The Dominion Post

How do Medicare members describe their own experiences? How are any problems or denials resolved? What are the typical causes for a denial and the ways to reach resolution?

Mike Cilella, a benefits specialist, reviews these situations and experiences. Member experiences from vastly different locations are compared here, in the hopes of helping others.

Lori Milam Scritchfield, a Medicare member in Nicholas County, described her own point of view. Scritchfield said, "Medicare itself is a decent insurance for basics, but if you want dental, vision and hearing coverage, you'll want an advantage plan. Depending on your income, the federal government might even pay your premiums for an advantage plan."

Scritchfield does not qualify for Medicaid due to its income restrictions, however, the "government does pay my Medicare premiums," she said. Further, she said her Medicare Advantage plan "allows me \$2,300 per year for dental. It covers eye and hearing exams. It gives me \$150 per year for glasses, \$100 per quarter on a prepaid MasterCard for out-of-pocket expenses and \$135 per quarter for OTC items at CVS."

Scritchfield added that "a standard primary care visit has no copay. My medications average \$4 per prescription, while labs and X-rays have a \$40 copay." Her plan is the "Aetna Elite Medicare Advantage Plan, and I highly recommend it," she said.

James DeSantis, a Medicare member in New York, has "traditional Medicare A&B and

Part D for prescriptions, plus AARP United Healthcare as G level supplemental. Under these plans, most doctors roll out the red carpet with under \$200 a year maximum out-of-pocket expenses, no copays, no coinsurance payments and no referrals needed," he said.

Cilella said DeSantis' description does not include the monthly premium for Part D prescription plan and Medicare level G supplemental coverage, and that these are typically \$150-\$200 per month."

Still, DeSantis said, "I pick any specialist or doctor I want anywhere in the country. I never pay a dime after that first \$170 per year, and I use healthcare services heavily."

To explain, Cilella said, "This is typically an annual deductible in some supplemental plans."

DeSantis added, "It is the best medical coverage I ever had in my life, and that includes a Blue Cross/Blue Shield platinum plan. All-in-all, my Medicare is just over \$400 a month."

Cilella clarified that, "a PPO would not have such a limitation requiring referrals as HMOs do. Medicare plans have specific network providers in their HMO and PPO networks. Medicare pays 80% and the member pays 20% and the coverage is national. Cilella does agree with DeSantis that individuals need to do their homework about the plans to determine their best possible coverage option. Some beneficiaries are content with their coverage, however, some members see a big disadvantage of Medicare Advantage plans requiring a specific network of providers. Some seniors experience refusal to pay even legitimate claims, per the federal findings in a

New York Times report (December 2022).

Enrollment in Medicare Advantage plans doubled in the last decade. Federal Health and Human Services Department's Inspector General investigated. The aim was to determine whether rejected services would have been approved if the same beneficiaries had enrolled in traditional Medicare (Parts A and B). These disturbing findings mirror the agency's 2018 results. At that time, roughly 75% of the denials were later reversed on appeal (<https://www.nyt.com>). How could problems be resolved or even prevented?

Some investigators propose clarification of eligibility prior to patients having diagnostic tests. Others push Medicare officials to fortify oversight of Advantage plans, and to give members clear and easily accessible details about potential violations (<https://www.nyt.com>). Congress has discussed the need for possible legislation to combat or correct long-standing complaints from hospitals and doctors. For instance, the Inspector General's office reviewed more than 400 denials in June 2019.

It was determined that many denials were found to be for medically necessary services with qualifying codes and physicians (<https://www.nyt.com>). Roughly 13% of the denials from these 85,000 requests were found to be improperly denied. Further, around 18% of the 1.5 million payments for 2019 were denied despite meeting Medicare coverage rules. Some of these cases even ignored prior authorizations and other supportive paperwork (<https://www.nyt.com>). This may prevent members from receiving needed care, and only a small fraction of them or their

providers might attempt an appeal.

How do Medicare coverage specialists explain such discrepancies or help to protect their enrollees? Members are provided a number to call to ask questions and try to resolve problems. Calls can be made to resolve plan-related issues to 800-MEDICARE. Beneficiaries can explain in writing on their MSN why they disagree with the initial denial. Any information available about their appeal should be with the MSN form. Guidance for the content and tone in an appeal include a clear opening statement of the problem, be factual and specific, provide documentation and stick to the point without attempting to manipulate the reader, and be concise to avoid focus on emotional issues (<https://said.SDSU.edu>). When a Medicare member is discouraged about a denial, they have the right to file an appeal. Roughly 80% of Medicare Part A appeals and 92% of Part B appeals result in the beneficiary costs being covered (<https://elderlawanswers.com>). Additionally, The AARP advocates for people over 50 and their families at local, state, and national levels. They may also help to answer Medicare questions when beneficiaries call 877-634-8213 (<https://www.aarp.org>).

No matter the locale of the Medicare member, Cilella recommends they "take ownership of their medical care and be their own advocate." He reminds members to use the customer service number on the back of their card if they encounter denials of coverage. Cilella added that coverage in geographic areas will vary from state to state, and that plans in specific areas are negotiated with physicians. If members have questions or concerns, Cilella may be reached at 304-988-5552 or [mcilella@BOSTbenefits](mailto:mcilella@BOSTbenefits)

## Assisted living and residential communities

### Monongalia County

#### Evergreen Assisted Living

3705 Collins Ferry Road, Morgantown  
304-598-8401

#### Morgantown Health and Rehab (formerly Golden Living Center)

1379 Van Voorhis Road, Morgantown  
304-599-9480

#### Madison Center

161 Bakers Ridge Road, Morgantown  
304-285-0692

#### Mapleshire Nursing and Rehab Center

30 Mon General Drive, Morgantown  
304-285-2720

#### Sundale

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

#### The Suites at Heritage Point

1 Heritage Point, Morgantown  
304-285-5575

#### Harmony at Morgantown

50 Harmony Drive, Morgantown  
304-503-4349

### Preston County

#### PineRidge

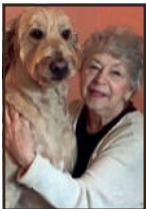
#### (formerly Heartland)

300 Miller Road, Kingwood  
304-329-3195





# Communicating with one another and with nature



**BY IRENE MARINELLI**  
for The Dominion Post

Our communication in this electronic age is often limited to quick texts, tweets, emails and the like. Sometimes teens and preteens may find it easier to neglect living in a reality they may find harsh, in favor of creating an illusion of a different life. By sending pictures and missives through cyberspace they can create the illusion of a false reality, a life of perfection meant to impress and impact others. Though we can be connected to any number of people across the planet, we aren't really connected at all; not in the true sense of the word. We "visit" with people but we are still isolated, in a room alone looking at a computer screen. Perhaps it's time to disconnect for a while and look around to see what we've been missing. It may be time to truly connect once more with our friends, people we cherish and the world that surrounds us.

Communication is not limited to the human

species. All nature speaks, communicates, if only we take the time to listen. Walking on the beach we hear the ocean waves. At times they may whisper to us with "the blue voice of the sea" as they caress the shore. Other times the ocean shouts a warning in tumbled, agitated waves. Again, there are times when the ocean is quiet as a pond; the dark blue stillness sends a message of restful peace. In forest and meadow the music of a summer night sings with tiny creatures chirping in tall grass. A night breeze blows through tree leaves with a shushing sound; fireflies blink their tiny bursts of light in the darkness. This too is communication.

Animals have their own ways of communicating and those who live with us quickly learn how to get their messages across. Pierre is a master at "telling" us what he wants, even directing how to best meet his needs. Body language is one sure way he communicates but he has also developed a series of barks, growls, woofs, howls and whines he uses to let us know exactly what's going on and what would satisfy him and make him happy.

Communication with those we hold dear is yet another matter. Casual conversation with a good friend can be very satisfying. We knit or sew as we chat over a cup of tea. However, when an unhappy friend needs to talk things out if we listen intently, completely focusing on that friend, this is one way of letting her know what she is saying is important. Noting the body language of that friend who needs a listening ear, we know when to speak and when to just keep quiet and listen.

There are people in our lives we cherish, love deeply, and from whom we receive love in return. With these special people, communication is truly important. There are times when we speak with one another on

varied topics ... politics, sports, how the children are doing, trips we're planning ... all rather mundane but daily living is made up of such conversation. There are times we need to go deeper. There are times we need to tell these people who are so important in our lives how we feel about them. I once heard someone say, "I'd rather be told how special I was to someone, instead of having to hear it at my funeral." Although this was said in jest, if we think about it, these words speak truth. We need to let those we love know they are loved, cherished, appreciated before it's too late to say the words. This too is communication.

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

## PUZZLE SOLUTION

	S	A	L	P					E	P	H	A		
E	N	D	E	A	R			S	A	L	A	D	S	
C	A	D	U	C	E	I		R	E	S	E	R	V	E
T	I	L		E	D	D	I	E	V	E	D	D	E	R
O	L	I	N		E	L	A	T	E			E	R	A
	S	N	A	P		E	M	I	R		D	N	B	
		G	R	I	S		B	R	I	B	E	S		
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		C	O	S	T	A	R		Y	W	I	S		
	C	A	W		I	D	E	S		S	E	L	F	
E	O	N			A	R	I	E	S		S	O	U	P
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M	E	R	G	E	S			B	A	S	E	L	Y	
	D	Y	E	R				S	E	R	E			

## 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





# LOVE YOUR HEART.

## Know your numbers.

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

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

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