

Senior Post

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JUNE 2023
A MONTHLY MAGAZINE BY
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Post

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On the cover: Left to right: Adrian Hagood, Director of Operations, Toni McNett, Executive Director/RN, and April Smith, RN Director of Operations show off the Village Caregiving car. Photo by Ron Rittenhouse, The Dominion Post.



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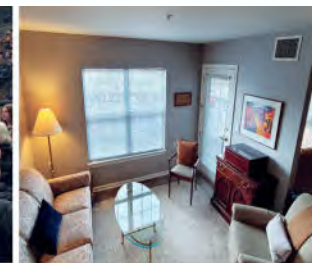
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Avoid loved ones being denied your medical information



BY DOREEN SEAMON
for The Dominion Post

If you are in the hospital, the last thing you want is for a family member or a trusted friend to be denied information about your condition or prognosis. But this could

happen if you have not already given authorization about who can receive details of your medical condition.

The Health Insurance Portability and Accountability Act (HIPAA) is a federal law that protects health care privacy and prevents disclosure of health care information to unauthorized people. The law was enacted to keep health care providers from disclosing a patient's private medical information willy-nilly to anyone who wants to see it. While the law's intentions were good, its implementation can sometimes mean that doctors or hospital officials block the release of information to

your family or close friends who you might want to be privy to that information.

HIPAA authorizes the release of medical information only to a patient's "personal representative." HIPAA does, however, have complex but flexible rules that allow medical providers to disclose information to a person who is involved in a patient's care. The HIPAA rules allow disclosure of information that is relevant to the caregiver's involvement in the patient's care. While this caregiver policy usually works well, "usually" is the operative word. Therefore, it is important for the patient to give specific written authorization, known as a HIPAA release form, for all people who may be involved in the patient's care — particularly if there is more than one caregiver or there are other loved ones who should be informed about the patient's condition and treatment.

Unfortunately, there is not a standard HIPAA-compliant release form. Many health care providers have their own forms, and, if

you can plan in advance, you should use the forms of as many of the providers (doctors, hospitals, clinics) that may be involved in the patient's care. Many providers have a printable authorization form on their websites.

You, as a patient, may have additional providers in a time of emergency or during an extended health care event making it difficult or even impossible to have a release signed for new providers. Therefore, you should ensure that your financial power of attorney and medical power of attorney contain a HIPAA clause that explains that those agents are also the personal representative for the purposes of health care disclosures under HIPAA.

A medical power of attorney specifies who will make decisions for you, but medical powers of attorney are usually "springing," meaning they do not go into effect until you become incapacitated. This means your healthcare representative does not have any authority until you are declared incompetent,

but under HIPAA, the healthcare representative will not be able to get the medical information necessary to determine incompetence until the healthcare representative has authority.

To make sure your trusted helpers do not get caught in this "Catch-22," your financial power of attorney and medical power of attorney should contain a HIPAA clause that explains that the agent and healthcare representative are also the personal representative for the purposes of health care disclosures under HIPAA. You should also sign separate HIPAA release forms that explain what medical information can be disclosed, who can make the disclosure, and to whom the disclosure can be made.

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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Village Caregiving: Keep you heart at home

By Lisa Ellison for The Dominion Post

Left to right: Adrian Hagood, Director of Operations, Toni McNett, Executive Director/RN, and April Smith, RN Director of Operations show off the Village Caregiving car. Photo by Ron Rittenhouse, The Dominion Post.

Concerned about you or loved ones being able to remain in your own home as an elderly person in the community?

Village Caregivers' mission statement is to "keep your heart at home." There, a senior-level manager is available 24/7 if the need arises.

The facility's website — <https://villagecaregiving.com> — is user-friendly and offers a lot of helpful information in making such decisions.

Helping seniors live comfortably and safely in their own homes with reliable caregivers is the priority for Village Caregivers. Services include helping seniors with bathing, eating and chores. Additionally, employees at Village Caregivers assist with personal things like toileting, grooming, hygiene and other basic needs.

Toni McNett is the executive director and a full-time registered nurse. McNett is pleased to have hired an RN so she can "focus more on the executive director role." She started in April 2020 as a nurse on an as-needed basis.

"I was hired in September 2021 as the full-time director of operations and nursing, and became the executive director in September 2022," she said.

McNett was introduced into her work by the previous executive director and is able to "see the office grow and hear about how wonderful the company culture is," she said. "I practiced as a certified wound and ostomy nurse for 13 years of my nursing career. I was feeling the burnout and decided to take the leap and try something out of my comfort zone, while still helping to make a difference in peoples' lives," she said.

Seeing different caregivers make differences in the lives of clients are her "best moments" on the job, said McNett.

The home office opened in Barboursville in 2013. Now there are nearly 50 offices nationally. Village Caregiving is now the nation's "largest privately owned home care company," McNett said.

She described how her beliefs align deeply with the company's values and tries to provide the best care despite bureaucratic issues.

"It's simple; do the right thing," McNett said.

One position that Village Caregiving has is that of companion, which McNett described

SEE VILLAGE, J-7

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VILLAGE

FROM PAGE J-6

as "one of the most important."

She said, "Our caregivers might be the only person our clients interact with in a week's time. They look forward to the visit so they can share their stories, experiences, feelings, etc. Improving a client's mental health by providing companionship can be lifesaving."

McNett said, "an initial assessment is done with all new clients. This helps us develop a good plan of care. Sometimes the needs are simpler and other times the acuity of care is higher."

She explained further, "We try our best to select a caregiver that matches the client level of care that is needed."

There are plans in place to handle issues or concerns.

"Each client is encouraged to call our office with any issue or concern when it occurs," McNett said. "I always explain to clients that small fires can become big fires quickly if not extinguished. Often issues or complaints are simple matters that can be addressed very quickly. Our office staff is one phone call away 24/7. We pride ourselves on being readily available for clients and for our caregivers."

Safety is also aided by "federal and state background checks on all hires who do not begin working until they have been fingerprinted and received a letter of security clearance."

McNett said that a "favorite question is when I ask a candidate, 'What makes you interested in being a caregiver?'"

She said it is "easy to tell if the person is in it for the right reasons. Most responses are without hesitation." Students are a plus for them because she "knows they are committed to serving just like we are."

She likes to reward or recognize good employees.

Each month, a caregiver who has exceeded job expectations (based on zero to minimal

call-offs, positive client feedback and good communication with clients and directors), caregivers get a monetary award and social media platform recognition. Anniversary and merit pay increases, holiday bonuses and occasional gift cards are also a way the company shows its staff appreciation.

Legislative changes can have an affect on Village Caregivers and similar companies.

"Federal legislation is currently taking into serious consideration the importance of home care-based services," McNett said. "Legislators are encouraging CMS to pay for home-based care as a preventative and less costly service, as compared to institutionalized care."

When a caregiver is requested, a Village Caregiving manager matches a senior with a caregiver who fits. This is based on the needed schedule, the basic needs of the senior and the background check done on the employee who provides the caregiving.

"Each schedule is set based on the level of need of each individual client with an eye on flexibility," according to the Village Caregiving website. Services are paid for by state, federal or insurance benefits whenever possible.

Village Caregivers may be reached in Morgantown by calling 304-241-4980. Community members who have loved ones in other West Virginia locations can find offices in Barboursville, Buckley, Charleston, Clarksburg, Martinsburg, Parkersburg, Point Pleasant and southern West Virginia.

Readers who are curious about how the caregiving relationship works and other details will find this information on the website in the FAQs section (<https://villagecaregiving.com>).

Village Caregivers are "always hiring," and offers a flexible schedule. The need for in-home and other caregivers is urgent and pays \$14-\$17 per hour.

McNett is the contact in Morgantown at 304-241-4980 and by email toni@villagecaregiving.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

Every Month Medicare Explained



Congratulations, this month's winner is Rita V. from Clarksburg!

Q: When retiring from an employer plan after age 65, what is the correct process for enrolling into Medicare Part B?

A: This special election requires approved forms to be completed by you and your employer and submitted to the local Social Security office. Please call for forms and instructions.

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Cataract Awareness Month



BY APRIL WINTERMOYER
for The Dominion Post

This month I would like to talk to you about cataracts. Statistically speaking, if there are two of you in the room where you are right now; likely, one of you will experience cataracts. The Centers for Disease Control and Prevention (CDC) states that cataract is the leading cause of vision loss in the United States, and the leading cause of blindness worldwide.

Dr. Beth Ann Elson Esposito with Wal-Mart Vision Centers on Hornbeck Road in Morgantown, explains that a cataract is a clouding of the eye's lens which blocks or changes the passage of light into the eye. The lens of the eye is located behind the pupil and the colored iris and is normally transparent. The lens helps to focus images

onto the retina – which transmits the images to the brain.

This clouded vision may make your vision seem like you are looking through waxed paper. Dr. Beth noted that it is also described as a glare or halo making it difficult to read, drive (especially at night), or see fine details such as the expression on a friend's face.

Some signs and symptoms of cataracts may include:

- Clouded, blurred or dim vision
- Increasing difficulty with vision at night
- Sensitivity to light and glare
- Need for brighter light for reading and other activities
- Seeing "halos" around lights
- Frequent changes in eyeglass or contact lens prescription
- Fading or yellowing of colors

• Double vision in a single eye

There are several possible risk factors for cataracts, identified by the Mayo Clinic such as:

- Age
- Intense heat or long-term exposure to UV rays from the sun
- Certain diseases, such as diabetes
- Inflammation in the eye
- Hereditary influences
- Events before birth, such as German measles in the mother
- Long-term steroid use
- Eye injuries
- Eye diseases
- Smoking

Dr. Esposito stated that seeing your eye care provider for regular checkups is the single most important thing you can do to catch symptoms early. Changes may come on rapidly or may take years to progress.

Initially, symptoms may be managed with stronger lighting or prescription lens changes; but eventually vision changes interfere with normal life activities and treatment, such as surgery may be required.

Seeing your eye care professional is the best way to keep up with early symptoms and treatments. You and your eye care professional can work together and discuss what options are best for your lifestyle.

For more information to schedule an appointment with Dr. Esposito you can email her at DrBethEspositoDO@gmail.com or contact her through the Wal-Mart Vision Center located at Retail Circle in Morgantown.

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



Strength training for seniors

Metro Creative Connection

A balanced diet and exercise, which includes a combination of aerobic activities and strength training, is necessary to maintain long-term health.

According to the Centers for Disease Control and Prevention, regular physical activity is one of the most important things older adults can do to protect their overall health. Exercise helps to delay or prevent many of the conditions that come with age. Adults ages 65 and older should aim for the recommended 150 minutes a week of moderate-intensity activity, such as brisk walking, and at least two days of activities that strengthen muscles.

When it comes to muscle strengthening,

seniors can follow these safety guidelines as they embark on their strength-training journeys.

- Speak with a healthcare provider first. Get the green light to proceed with an exercise regimen before beginning by having a discussion with your general practitioner about your fitness goals. Your doctor can recommend strategies that are safe and point out any exercises that may compromise your overall health.

- Master basic exercises first. Anyone new to strength training, which is sometimes known as resistance training, can start out slowly, even using just body weight, to provide resistance. Resistance exercises can include squats, crunches, modified pushups, planks,

and lunges.

- Graduate to resistance bands. When you're ready to move on to something else, consider resistance bands as an alternative to free weights. The bands can help you develop good form before introducing weight. Good form is key to avoiding injury.

- Work with a trainer. Working with a certified personal trainer can help you learn how to use free weights and strength-training machines correctly. A trainer also can create a routine that includes the right number of sets and repetitions to gradually build and maintain muscle mass. If you decide against hiring a trainer, gym staff members may guide you through equipment and demonstrate proper form.

- Exercise with a friend. Strength training with a friend or family member can provide motivation and keep you on target to meet your goals.

- Build up gradually. Your first strength session should only last 10 to 15 minutes, according to Tiffany Chag, C.S.C.S., a strength coach at the Hospital for Special Surgery in New York. This enables you to gauge soreness. Wait until soreness abates before beginning your next session if you are new to strength training.

Strength exercises are a vital part of maintaining health as a senior. Such exercises help maintain muscle mass and also improve balance and bone health.

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. Although for our home-bound 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 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 who 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 items are brooms, mops, buckets, bathtub grab bars, wash cloths, towels, and pet care items.

INDOOR DINING - LUNCH

Seniors are invited to join us for a delicious and nutritious 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. 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 of 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 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. 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 homebound. 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.

DAILY ACTIVITIES SCHEDULE - Subject to change without notice

POOL TABLES - Monday 8 - 11 a.m., 12:30 - 3:45 p.m.; Tuesday, Thursday and Friday 12:30 - 3:45 p.m.; Wednesday 8 - 11 a.m., 12:30 - 1:45 p.m.

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

DOMINOES - Tuesday and Thursday Noon - 3 p.m. • Nutrition Room

MAHJONG - Monday and Wednesday 12:30 - 3:45 p.m. • Nutrition Room

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

EXERCISE ROOM - UNLESS RESERVED - Must sign a release form • Monday, Wednesday 8 - 11 a.m.; Tuesday 1 - 3:45 p.m.; Thursday 2:30 - 3:45 p.m.; Friday 8 a.m. - 3:45 p.m. Room reserved on the fourth Friday until 1 p.m.

VITAL SIGNS CLINIC - Wednesday 10 - 11 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.

GROUP EXERCISE CLASS - Tuesday and Thursday 10 - 11 a.m.

This class focuses on range of motion, flexibility, and balance exercises that can be done standing up or sitting in a chair. Please bring your own weights, ball and stretch strap.

WOMEN'S BIBLE STUDY AND FELLOWSHIP - Thursday 1 - 2:30 p.m., Exercise Room • Nondenominational

POETRY GROUP - Wednesday 2 - 3 p.m., Exercise Room

Tara will lead our new Poetry Group. This group will share beloved poetry pieces and give members a chance to share their own poetic works.

Continued on to page 10.





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to speak to our Admissions Clerk.

Senior Monongalians Events and activities (continued)

UPCOMING EVENTS & SPEAKERS

MONDAY, MAY 29 - CLOSED FOR MEMORIAL DAY

The SMI Family would like to salute the bravery and dedication of those in the Armed Services who are no longer with us, but live on in our hearts and memories.

FRIDAY, JUNE 2 at 10 a.m. - BINGO WITH HUMANA

Justin from Humana will lead a few games of bingo and award prizes to the winners. Bring a friend along with you to add to the fun.

TUESDAY, JUNE 6 at 10:30 a.m. - LEARN ABOUT THE V.I.S.I.O.N.S. PROGRAM

Amanda from the Division of Rehabilitation Services will discuss the Visually Impaired Senior In-Home Services. This program assists older adults that are dealing with vision impairments and/or blindness find gadgets and assistive technology that enables them to complete daily activities of living easier.

FRIDAY, JUNE 8 at 10 a.m. - BINGO WITH HIGHMARK

Tiffany from Highmark will lead a few games of bingo and award prizes to the winners. Bring a friend along with you to add to the fun.

THURSDAY, JUNE 16 from 10:30 a.m. - 12:30 p.m. -

FATHER'S DAY CELEBRATION

We invite you to join us for our annual Father's Day Celebration. The Motown Strutters, a precision tap dance group, will tap their way into your hearts beginning at 10:30 a.m. Then sit down to a delicious meal. Let us know that you will be coming to our celebration by calling 304-296-9812.

TUESDAY, JUNE 20 - CLOSED FOR WEST VIRGINIA'S BIRTHDAY

TUESDAY, JUNE 27 at 10:30 a.m. - TIPS FOR BETTER SLEEP

Dr. Amy Fisch from WVU's School of Psychology will discuss the ever growing issue of sleep disorders. She will also give us tips and techniques to improve your ability to sleep and the quality of that sleep.

FRIDAY, JUNE 30 from 9 a.m. - 1 p.m. - FREE HEARING SCREENINGS

Jodi from Beltone Hearing Aid Company will offer free baseline hearing tests as well as answer questions that you may have regarding good hearing. Appointments are required. Make your appointment by calling 304-366-2241.

FRIDAY, JUNE 30 at 10 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. Bring a friend with you to add to the fun.

We are in need of home delivery meal drivers. Paid and volunteer positions are available. Please complete an application at the Center.

*****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 • **FACEBOOK:** Senior Monongalians

PHONE: 304-296-9812 • **LOCATION:** Mountaineer Mall

MAILING ADDRESS: P.O. Box 653, Morgantown, WV 26507

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.



We deserve a chance to modify our lives



BY IRENE MARINELLI
for The Dominion Post

The fact that years go by so quickly as we age has not gone unnoticed. Volumes of prose and beautiful poetry have been written about the swift passage of time. Each of us has a life story that evolved into the life we are now living. If we could step back, be a shadow on the wall so to speak, and take a look at our life from that perspective, what changes would we make? Could something possibly be missing that can be added to our remaining years?

No doubt we have adequate food, shelter and we live in relative safety. Passable good health allows us to be active. Friendships made through the years now flourish even more and the love of our adult children and

grandchildren is more prized than ever. After retirement we may still be busy with family as well as outside commitments into our late 60s and 70s. Hopefully, we have been wise enough to carefully pick and choose those commitments among the many demands for our time and energy.

The year of my 80th birthday there was a change in my perspective. The reality of how few years were left to me suddenly popped up like a lit-up billboard. I had already reduced all outside commitments to a manageable number, scaled down the garden work and the care of our home. What was missing from this picture? If this is a question we ask ourselves, then in order to answer it, we must ask ourselves another: "What, beyond the material comforts, the love of family and friends, is important to me now in this era of my life?"

One of the things that I had envisioned back

in the days when the children were still at home was a time when we could have a more gracious way of living. Like most couples with jobs and a houseful of children, we were more concerned with the practicality of day-to-day living. Now that there's just the two of us, it is possible to add some small changes. Little things like vases of flowers in the house, candles on the dinner table, quiet music that enhances the meal, setting that table with the best of what we own, rather than saving it for some future date: these are simple pleasures that can add a touch of grace. Of course there are plenty of meals where we simply heat leftovers in the microwave, grab a plate and a glass from the kitchen cupboards. The well-set table won't happen at every meal in our house, but it should happen often enough to please and pamper our sensibilities. Another hope from the past that can blossom in the present involves some changes to the house in which we live. Downsizing is an option, of course and

it may be an option we carry out sometime in the coming years. For now, we need to look around our present home and figure out ways to make living in it easier. For example, getting rid of clutter to make the rooms easier to maintain. None of these modifications involve spending money, only time.

One of the benefits of retirement is the ability to take a break from whatever we are doing to enjoy some quiet time together. For us, this is afternoon tea. Nothing elaborate, just a pot of tea and some small snacks served in the living room during the cold seasons and on the back patio in spring and summer. Such simple modifications can bring a measure of tranquility and pleasure, making this era of our lives more enjoyable.

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

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



PineRidge

Senior emergency assistance

If you are a senior and find yourself in need of emergency assistance, the following is a list of locations where heating, food, pet food, and other emergency help can be obtained.

Catholic Charities
827 Fairmont Road, Suite 203
Westover | 304-292-6597

Christian Help, Inc.
219 Walnut St., Morgantown
304-291-0221

DHHR
Monongalia County
114 S. High St., Morgantown
304-285-3175
Preston County
18351 Veterans Memorial Hwy.
Kingwood | 304-329-4340

**North Central West Virginia
Community Action**
Marion County
215 Scott Place, Fairmont
304-363-4367
Preston County
428 Morgantown St., Kingwood
304-363-2170

Salvation Army
Monongalia County
1264 University Ave., Morgantown
304-296-3525
Preston County
124 Morgan St., Kingwood
304-329-1245

**Catholic Community Charities
Preston County**
304-329-3644

The Raymond Wolfe Center is the only food pantry in Preston County that has specialized diet foods (diabetic, salt free, etc.). It also has some pet food available. Call to check availability.

The Connecting Link
235 High St., Morgantown
304-296-3300

The following locations are for Preston County residents only.
Wesley United Methodist Church
304-329-0707

St. Vincent DePaul Helpline
304-329-6229

Heat for Preston
(January - March only)
304-329-2316

Terra Alta Council of Churches
(Terra Alta residents only)
304-789-2509

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Pain Management

Self-referrals are accepted. For a full list of the services we provide and the conditions we treat, visit [WVUMedicine.org/PainManagement](https://www.wvu.edu/medicine/painmanagement).

855-WVU-CARE