

Senior Post

Living well and gracefully through the golden years

**Great part time
jobs for retirees**

JULY 2023
A MONTHLY MAGAZINE BY

THE DOMINION
Post

dominionpost.com



**Purpose
Peace
Harmony**

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE




Harmony
at Morgantown

Family Serving Families

Call **304.241.8112** or visit
HarmonyatMorgantown.com
to Schedule a Tour.



- 3 - Senior centers and facilities
- 4 - Five estate-planning tips for the non-traditional family
- 6 - Great part-time jobs for retirees
- 7 - Aphasia and its side effects
- 7 - Senior center activities
- 8/9 - Senior Monongalians: Events and activities
- 9 - Crossword
- 10 - How the body changes with age
- 10 - Assisted living and residential communities
- 11 - Summer brings a beneficial reconnection with the natural world
- 11 - Senior emergency assistance

JULY 2023
A MONTHLY MAGAZINE BY

THE DOMINION
Post

dominionpost.com

On the cover: Stock photo.



Live Better

Welcome to NEWBERRY

- Completely Handicap Accessible -
 - Brand New 1 & 2 Bedroom Units -
 - State of the art Fitness Center -
 - In Unit Laundry Hook-up -
 - Community, Recreational and Game Room -
- LEASING NOW!**



*The finest
selection of
luxurious
and affordable
homes.*

**Apply online
with our website**



986 Chestnut Ridge Road • 304-598-9001 • www.liveatmetro.com

Senior centers and facilities

Monongalia County

BOPARC Senior Recreation Center

287 Eureka Drive, Morgantown • 304-296-7002

Clay Battelle Senior Center

5977 Mason Dixon Hwy., Blacksville • 304-432-8177

Core Senior Center

98 Pedler Run Road, Core • 304-879-5452

Senior Monongalians

5000 Green Bag Road, Morgantown • 304-296-9812

Westside Senior Center

500 Dupont Road, Westover • 304-296-6583

Preston County

Newburg Senior Center

100 Wolfe St., Newburg • 304-892-4662

North Preston Senior Center

WV Rt. 26, Bruceton Mills • 304-379-1165

Preston County Senior Citizens

108 Senior Center Drive, Kingwood • 304-329-0464

Rowlesburg Senior Center

44 Poplar St., Rowlesburg • 304-454-2012

Terra Alta Senior Center

212 E. Washington Ave., Terra Alta • 304-789-2415

Tunnelton Senior Citizens

1266 Senior Drive, Tunnelton • 304-568-2151

Valley District Senior Center

54 W. Highland Avenue, Masontown • 304-864-6465



Westside Senior Center

Greetings from

THE VILLAGE

Adventure With Us

Living our best life here at
The Village! It's an all
inclusive experience with:

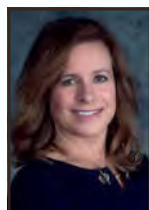
- ✱ Live Entertainment
- ✱ Fun Excursions
- ✱ Gourmet Dining
- ✱ Comfortable & Modern Apartments
- ✱ & More!



**SENIOR LIVING LOCATED
IN THE HEART OF
MORGANTOWN, WV**

**TO SCHEDULE A TOUR,
VISIT HERITAGE-POINT.COM OR CALL 304-285-5575**

Five estate-planning tips for the non-traditional family



BY DOREEN SEAMON
for The Dominion Post

If you have a non-traditional family, your estate planning issues can be complicated. A non-traditional family is usually defined as anything other than a two-parent family with a father and mother raising their biological or adopted children.

The percentage of married households in the United States fell from 75% in 1960 to 49% in 2020. About 40% of all marriages end in divorce. Nearly 80% of people who divorce remarry, which accounts for a pretty large proportion of the 49% of American households that are married.

In the United States, about 1.5 million babies a year are born to unmarried women, more than a third of all births. This can complicate matters, especially when the father is not identified or, in the case of

donated sperm, does not exist. It also can mean a greater need for planning when there is no obvious back-up parent if something happens to the mother.

If you are in a non-traditional family, then it's even more important that you do have a good estate plan. Here are a few tips to consider:

• **Give Your Partner Rights.** There are laws in place empowering spouses and governing the distribution of property in the event of death. These "rules of intestacy" provide that property will pass to spouses and children or to parents if someone dies without a spouse or children. If your partner or their children are not legally related to you, they have no rights under the rules of intestacy.

• **But Don't Give the New Spouse Too Many Rights.** Often, despite the best of intentions and good will, when parents remarry, the new family doesn't bond well. Frequently, the death of one spouse means that all the assets of both families end up with

the surviving spouse and ultimately pass to his or her children and grandchildren. Honest discussions about what the new couple wants, then putting the appropriate estate planning documents in place to make sure it plays out as planned, can prevent a lot of misunderstanding and resentment.

• **Don't Be Afraid to Talk Pre-Nup.** While most people entering a first marriage have no children and few assets, this is not the case with a second or third marriage. Before getting married again, the couple should discuss what they have in mind in terms of mutual financial support of one another and of their children from prior marriages and relationships. Then they need to put their understanding in a prenuptial agreement which is legally enforceable. If circumstances change, the couple can always modify their agreement.

• **Use Trusts.** Trusts are much more flexible planning tools than wills are. For example, you may want to permit your new spouse to

live in your home for as long as they want, but then for it to ultimately pass to your children and grandchildren.

• **Goals First, Planning Second.** No planning can take place in a vacuum or based on assumptions without asking questions. Ultimately, your estate plan should reflect your goals and priorities.

The bottom line is that our laws for distribution of property and rights in the event of incapacity are still based on a traditional family. However, less than half of American adults are now part of a traditional family, which makes planning even more important. If you are part of a non-traditional family, the time to plan is now!

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.

Bringing care to where comfort is:

YOUR OWN HOME

Servicing the Greater Morgantown Area & Southwestern PA

Services offered:

- Transporting to activities and appointments
- Routine housework and light cleaning
- Meal preparation • Hygiene and toileting
- Bathing, showering, and bed bath
- Dressing and undressing
- Turning, transferring, exercising, and walking
- Self-administered medication reminders
- Errands and shopping
- ABOVE ALL - Keeping loved ones safe and comfortable at home

Our caregivers are:

- Drug tested
- Background checked
- Trained
- Experienced

Benefits:

- Consistency in caregivers
- 24/7 in-home care available
- No deposit required
- No contract required
- Managers available at all times
- RN visits available

Village Caregiving accepts:

- Private payment
- Medicaid aged & disabled waiver
- Veterans homemaker benefits
- Long-term care insurance
- Various others, call for details

Affordable flat rate for all:

- Days
- Nights
- Weekends
- Holidays

Lowest Hourly Rates in the Area Guaranteed



Proud Provider with the VA

Providing in-home care for your loved ones

Contact Us Today at 681.285.2555 • villagecaregiving.com

We're celebrating
Miracle-Ear's
75th Anniversary
 with special offers that
 honor our heritage of
 first-class hearing care.

 **Miracle-Ear®**

75TH

ANNIVERSARY
SALE



Please accept this
 personal invitation
 to our special event,
 taking place
 June 2023!

Clint McCandless
 Owner/Licensed Specialist

Experience the
Miracle-Ear®
 Difference!

BEST DEAL OF THE YEAR

Buy One, Get One 75% Off

Aid Models ME Save on Our Line of Digital Hearing Solutions^{3, 4 & 5}

Valid on Models ME 1-4. Special offer applies to purchases of same Miracle-Ear make and model hearing aid. Discount applies only when first hearing aid is purchased at regular list price. **Offer expires 7/7/23.** Valid at participating Miracle-Ear locations. One coupon per purchase. Cannot be combined with other coupons. Discount does not apply to prior sales. Cash value: 1/20 cent.

*See store for full details.

miracle-ear.com • 304-202-1196



Great part-time jobs for retirees



Metro Creative Connection

Many adults nearing retirement age count down the days until they can bid adieu to the daily tasks of commuting and working, so they can enjoy much more time for recreation, travel or whatever is they aspire to do.

As enticing as unending free time may seem, some retirees find it is not ideal to be entirely free from the responsibility of working. As current seniors can attest, inflation can drive up the costs of living, meaning that seniors who were once able to afford a certain retirement lifestyle may no longer enjoy that hard-earned luxury. Others may miss the daily opportunities to socialize that working provides, or the way problem-solving on the job stimulates the brain. But even retirees who miss working may not be ready to return to the workforce full-time. That can make part-time employment an ideal fit for mature workers.

Here's a look at some part-time positions that could be a good fit for older adults reentering the workforce.

Retail sales associate

Working in retail opens seniors up to a wide array of responsibilities and scenarios. Jobs may include greeting customers, making sales, putting out inventory and helping customers select merchandise. Being personable and having good customer service skills are necessary traits to have when working in retail. Many stores offer part-time employees flexible hours so schedules can be customized.

Consultant

Retirees who loved their job but wanted to spend less time doing it can return as consultants. According to The Balance: Money,

individuals often find they earn more per hour working as consultants than they did as full-time staff members. Consulting is a way to share expertise and experience without making a full-time commitment.

Customer service representative

A customer service representative is tasked with helping customers solve problems and ensuring customer satisfaction. He or she may work in a traditional office or store location, or answer calls and resolve issues from home.

School positions

Retirees may want to consider jobs working in schools or in related capacities. Driving a school bus is an option if people are willing to undergo the proper training and licensing to operate this type of vehicle. Seniors also may

consider working as lunchroom aides or lunch service providers, crossing guards, substitute teachers and paraprofessionals. School employees will only work a few hours during the day. They'll also enjoy many holidays off as well as summer vacations.

Receptionist

Receptionists greet patients or customers in office settings. According to AARP, they are the welcoming faces of organizations. Answering phones and light clerical work also may be required of receptionists. Those who want to work off-peak hours can think about working nights and weekends in hospitals or skilled nursing facilities.

Seniors have many different options if they decide they want to return to the workforce in a part-time capacity.

Enjoy Your Vacation!

We'll Do the Cleaning!





- Weekly & Bi-Weekly Services
- 37 Years Experience
- Locally Owned and Operated

Susan D. Brown,
Owner

Call or Text 304.694.8498

cleaningservices.com.llc
everydaycleaningservices.us

Like us on  /cleaningserviceswv

Rebuilding Strength, Abilities & Lives after serious illness or injury.



SUNDALE

We have activities that promote
Therapeutic Creativity, Stimulation
and **Leisure Time** programs.

Personalized Rehab Plans to
get you back home!

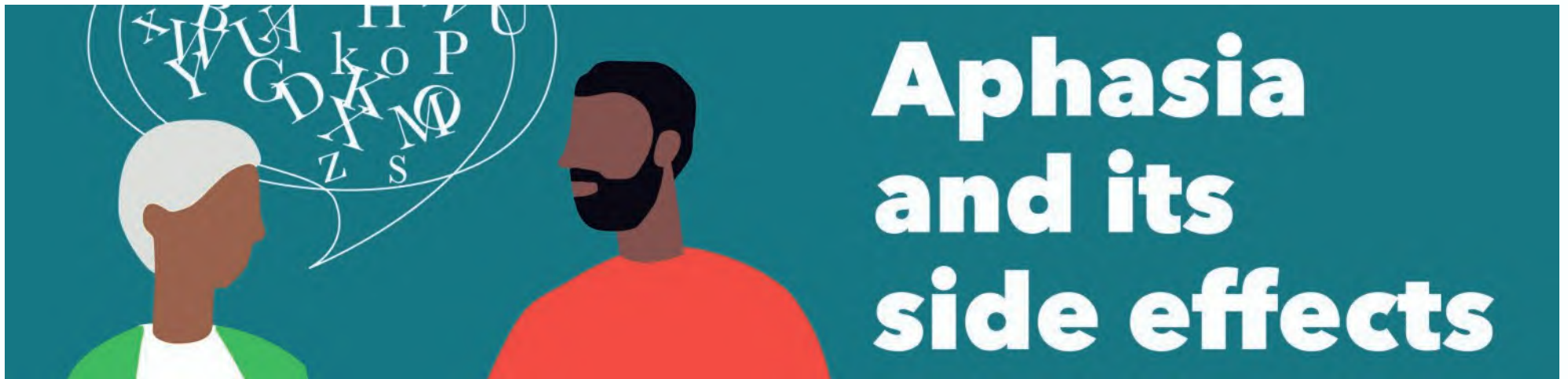
Located on JD Anderson Drive
Morgantown, WV

For a tour call **304-599-0497**



sundalecare.com





Metro Creative Connection

Film fans were shocked to learn recently of the health struggles of beloved action movie star Bruce Willis. Willis' health issues were made public in 2022, and since then the star has largely retreated from the public eye.

Willis was initially diagnosed with aphasia, a disorder that affects a person's ability to communicate. Aphasia affects speech, how people write and their comprehension of spoken and written language, according to the Mayo Clinic. For Willis, aphasia ultimately proved to be only one component of what was

later diagnosed as frontotemporal dementia.

The Cleveland Clinic says aphasia can be a byproduct of illness, like dementia or injury, or a complication of a stroke or traumatic brain injury. When blood fails to supply cells in the brain with oxygen, those cells die and can produce deficits. Aphasia also may result from conditions that disrupt how the brain works, and those conditions may be temporary, like migraine headaches. While aphasia predominantly affects adults, it can affect children, too. The National Aphasia Association says nearly 180,000 Americans develop aphasia each year.

Families may feel that something is not right when a loved one has trouble finding words, reading or communicating effectively. There are different types of aphasia, and each kind can impact a different component of speech or understanding.

Doctors may discover aphasia when they are treating patients for traumatic brain injuries or by looking at images of the brain. If a physician suspects a patient has aphasia, the doctor may recommend a consultation with a speech-language pathologist, who can perform comprehensive examinations and testing.

Sometimes aphasia symptoms can start to resolve on their own without treatment. Oth-

ers may need help regaining the ability to communicate through various methods, says Johns Hopkins Medicine. These can include:

- speech-language therapy
- nonverbal communication therapies, such as computers or pictures
- group therapy for patients and family members
- simplifying language by using short, simple sentences and repeating words or phrases as needed

Aphasia affects communication, but it might improve over time. For those who are left with some loss of language skills, therapy may help to address those deficits.

project GREEN

a community paper recycling effort of *The Dominion Post*

read it • return it recycle it

Drop off your newspapers, magazines and corrugated cardboard
at **The Dominion Post**.

Newspapers and magazines **MUST** be separated.

Receptacles located at The Dominion Post warehouse,
Hartman Run Rd. side of building. Accessible 24/7.

THE DOMINION
Post

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

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. and a staff member 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.



Senior Monongalians Events and activities (continued)

UPCOMING EVENTS & SPEAKERS

FARMER'S MARKET COUPONS - TUESDAYS, WEDNESDAYS, AND FRIDAYS from 1 p.m. to 3 p.m.

Each year coupon books are made available to older adults to assist them in purchasing locally grown fruits and vegetables from certified vendors at the Farmer's Market. Monongalia County residents aged 60 years or older who meet the household income guidelines are eligible for these coupons. Senior Monongalians will be distributing these coupon books on a first come, first serve basis, while supplies last. Registrations for the coupon books will be on Tuesdays, Wednesdays, and Fridays from 1 p.m. to 3 p.m. Please bring your photo and know your household income. Income guidelines can be found on our Facebook page or at our agency.

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.

TUESDAY, JULY 4 - CLOSED for the July 4th Celebration

FRIDAY, JULY 7 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 with you to add to the fun.

TUESDAY, JULY 11 at 10:30 a.m. - INTERNET LITERACY WITH BREEZELINE

Whether you use a computer everyday or you are wanting to learn where to start, join us for this presentation. A representative from Breezeline will lead a discussion covering email, social media, purchasing online, and more.

FRIDAY, JULY 14 at 10 a.m. - BINGO WITH HIGHMARK

Tiffany from Highmark Blue Cross Blue Shield will lead a few games of bingo and award prizes to the winners. This is a great way to beat the heat.

TUESDAY, JULY 18 at 10:30 a.m. - NUTRITION EDUCATION PROGRAM

Students from the WVU School of Dietetics will discuss how good nutrition is essential as you age.

FRIDAY, JULY 21 at 10 a.m. - SPONSORED BINGO

TUESDAY, JULY 25 at 10:30 a.m. - NUTRITION EDUCATION

Students from the WVU School of Dietetics will continue with their serie of programs focusing on the importance of good nutrition choices as we age and how those decisions can affect our bodies.

FRIDAY, JULY 28 from 9 a.m. to 1 p.m. - FREE HEARING SCREENINGS WITH BELTONE

Jodi from Beltone Hearing Aid Company will be available to conduct free baseline hearing tests and answer questions that you have about good hearing. Appointments are required. Make your appointment with Jodi by calling 304-366-2241.

FRIDAY, JULY 28 at 10 a.m. - BINGO WITH BELTON

A representative from the Beltone Hearing Aid Company will lead a few games of bingo and award prizes to the winners. Beat the heat and join the fun!

*****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

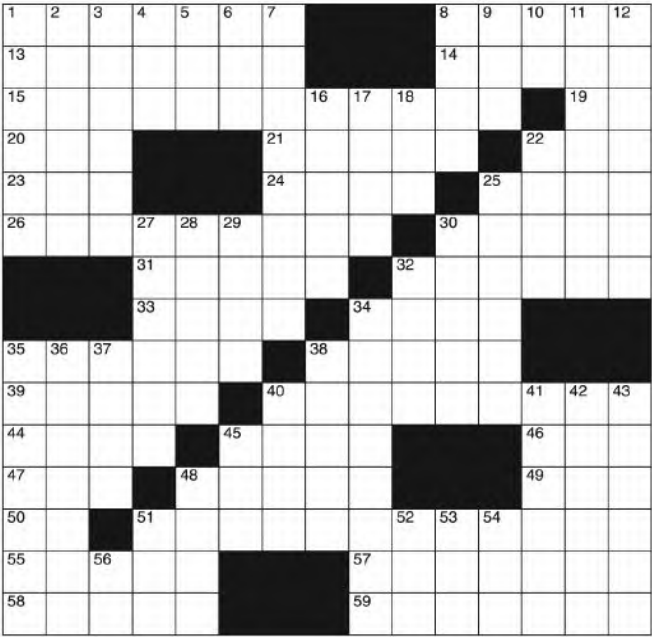
LOCATION: Mountaineer Mall • **MAILING ADDRESS:** P.O. Box 653, Morgantown, WV 26507

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.



CLUES ACROSS

1. Excited movements

8. Soap opera actress Patsy

13. Unknowing

14. Dangerous mosquitos

15. Exaggerated and sensationalized

19. Military policeman

20. Touch softly

21. Wrap

22. A story of one's life

23. Midway between east and southeast

24. Toward the mouth or oral region

25. A list of dishes available at a restaurant

26. Changes the meaning of

30. Semitic Sun god

31. Sneaker parts
32. Capital of Zimbabwe

33. Breezed through

34. Partner to pedi

35. Becomes less intense

38. Bottoms

39. Tested

40. Vistas

44. Take care of

45. Traditional rhythmic pattern

46. S. African political party

47. Cologne

48. Men

49. The Science Guy

50. Gospel author (abbr.)

51. Act of signing up

55. Human feet

57. A very short time

58. Streetcars

59. Cuplike cavities

CLUES DOWN

1. A type of pool

2. Malaise

3. Seasoned

4. A pair

5. Young male

6. Make a mistake

7. Experienced

8. It often accompanies injury

9. Old world, new

10. Commercial

11. Course of lectures

12. Promote

16. Female horses

17. Greek mythological figure

18. Small amount

22. Orthodox church altar

25. Actress Tomei

27. Excited

28. Looked directly at

29. Popular cold desserts
30. More reasonable

32. Disk above the head of a saint

34. Devoted to the extreme

35. Make an effort

36. It's in the surf

37. Member of aboriginal people of Japan

38. Discounts

40. Cliff in Hawaii

41. Extremely wild person

42. All persons

43. Aromas

45. Popular kids' game

48. A difficult situation

51. Popular Georgia rockers

52. It's in all living cells

53. Unspoken language

54. 'Talk to you' abbreviation

56. Influential lawyer





How the body changes with age

Metro Creative Connection

Aging is an inevitable component of life. Young children often cannot wait until they get older because of the freedoms that seemingly come with being more mature. On the flip side, adults often wish they were young again. Time waits for no person, and with aging comes many changes, many of which manifest physically.

The following are some components of healthy aging that go beyond graying hair and wrinkling skin.

Bones, joints and muscles

According to the Mayo Clinic, with age, bones may become thinner and more fragile. Joints will lose their flexibility, while muscles lose mass and strength, endurance and flex-

ibility. These changes may be accompanied by a loss of stability that can result in balance issues or falls. It's common for the body frame to shrink, and a person may lose a few inches from his or her height.

A doctor may suggest a bone-density test or supplementing with calcium and vitamin D to keep bones as strong as possible. Physical activity that includes strength training can help keep muscles strong and flexible.

Body fat

As muscle mass diminishes, body fat can increase. The Merck Manual indicates that, by age 75, the percentage of body fat typically doubles compared with what it was during young adulthood. The distribution of fat also changes, which can adjust the shape of the torso.

Heart

Organs in the body also age, and cells begin to die off, making those organs work less efficiently. The heart is one such organ that changes with age. It beats more than 2.5 million times during one's lifetime. As a person gets older, blood vessels lose their elasticity, and the heart has to work harder to circulate blood throughout the body, reports Johnson Memorial Health. Exercise can help keep the heart as strong as possible.

Urinary tract and kidneys

The kidneys become smaller as a person ages, which means they may not be able to filter urine as effectively. Urinary incontinence may occur due to hormonal changes or because of an enlarged prostate. Furthermore, the bladder may become less

elastic, leading to an urge to urinate more frequently.

Memory and thinking

Older adults experience changes to the brain as they age. Minor effects on memory or thinking skills are common and not usually cause for worry. Staying mentally active by reading, playing word games and engaging in hobbies can help. Following a routine and making lists (as multi-tasking may become challenging) are some additional ways to address memory issues.

These are just some of the changes that can come with aging. Generally speaking, exercising, using the brain and adhering to a balanced, healthy diet can help keep the body functioning well into one's golden years.

Assisted living and residential care communities

Monongalia County

Evergreen Assisted Living
3705 Collins Ferry Road, Morgantown
304-598-8401

**Morgantown Health and Rehab
(formerly Golden Living Center)**
1379 Van Voorhis Road, Morgantown
304-599-9480

Madison Center
161 Bakers Ridge Road, Morgantown
304-285-0692

Mapleshire Nursing and Rehab Center
30 Mon General Drive, Morgantown
304-285-2720

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

The Suites at Heritage Point
1 Heritage Point, Morgantown
304-285-5575

Harmony at Morgantown
50 Harmony Drive, Morgantown
304-503-4349

Preston County

**PineRidge
(formerly Heartland)**
300 Miller Road, Kingwood
304-329-3195



PineRidge



LUNG CANCER
SURGERY

Nation-leading LUNG CANCER SURGERY

THE MOST ADVANCED TREATMENTS IN THE AREA ARE
HERE, FROM SCREENING TO CURING LUNG CANCER

A lung cancer diagnosis can be frightening, but the experts at the WVU Cancer Institute and the WVU Heart and Vascular Institute provide some of the nation's best lung cancer care, right here in West Virginia.

Our thoracic surgeons offer the area's most innovative lung care and surgical intervention by providing the most advanced treatments in robotic bronchoscopies and robotic surgeries. Our multidisciplinary team includes medical and radiation oncologists, highly trained nurses, respiratory therapists, and other healthcare professionals using state-of-the-art technology to deliver world-class lung cancer care, including chemotherapy in combination with surgery and radiotherapy, to treat the patient.



Appointments:

855-WVU-CARE

Learn more about the WVU Heart and Vascular Institute's lung cancer treatment options at: [WVUMedicine.org/Heart](https://www.wvu.edu/Heart)

 **WVU Heart & Vascular
Institute**

 **WVU Cancer Institute**