

# Senior Post

*Living well and gracefully through the golden years*

**AUGUST 2023**  
A MONTHLY MAGAZINE BY  
**THE DOMINION**  
**Post**  
dominionpost.com

## Sundale Nursing Home

In our care, yet close to home



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*On the cover: Donna Tennant, director of Sundale Nursing Home, watches Dave Jones use new equipment in the activity room.  
Photo by Ron Rittenhouse, The Dominion Post*



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# Senior centers and facilities

## Monongalia County

### BOPARC Senior Recreation Center

287 Eureka Drive, Morgantown • 304-296-7002

### Clay Battelle Senior Center

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

### Core Senior Center

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

### Senior Monongalians

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

### Westside Senior Center

500 Dupont Road, Westover • 304-296-6583

## Preston County

### Newburg Senior Center

100 Wolfe St., Newburg • 304-892-4662

### North Preston Senior Center

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

### Preston County Senior Citizens

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

### Rowlesburg Senior Center

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

### Terra Alta Senior Center

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

### Tunnelton Senior Citizens

1266 Senior Drive, Tunnelton • 304-568-2151

### Valley District Senior Center

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



Westside Senior Center

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# Passing Assets Outside of Probate



**BY DOREEN SEAMON**  
for The Dominion Post

For a variety of reasons, people sometimes want some or all of their assets to pass directly to specific individuals upon their deaths, outside of probate. One way to accom-

plish this is to set up "payable on death" (POD) or "transfer on death" (TOD) accounts at their financial institution as well as transfer on death deed, and joint account owners.

Probate is the process through which a court determines how to distribute property after an individual dies. Some assets are distributed to heirs by the court (probate assets) and some assets bypass the court process and go directly to beneficiaries (non-probate assets). With POD and TOD accounts, the account owner names a beneficiary (or beneficiaries) to whom the account assets are to pass when the owner dies. Generally, all that is required to get the money or control of the account is for a beneficiary to

show the financial institution an original death certificate. The funds pass outside of probate, meaning that the beneficiaries can receive the money quickly without the involvement of the probate court. The account assets also receive a "step-up" in basis when the original owner passes away, meaning that no capital gains tax should be due if investments are liquidated in order to be transferred.

With POD or TOD designations, only the account owner has access to the assets while alive; the named beneficiaries have no control over the account, and the owner can change beneficiaries at any time, if competent to do so. If the named beneficiary predeceases the account owner, then the assets are distributed to the remaining beneficiaries or to successor beneficiaries, depending on what the owner directed. If there is only one beneficiary and he or she predeceases the owner, and the owner makes no subsequent changes to the beneficiary designation, the assets go into the account owner's probate estate.

However receiving assets could be a prob-

lem for certain beneficiaries, such as a child with special needs who depends on Medicaid and other public benefits. If the account amount is large enough, it could be advisable to do special needs planning to avoid the assets interfering with the receipt of public benefits.

Another issue with passing assets through accounts like these is that people sometimes forget about the accounts, and their existence can confuse an individual's estate plan. For example, the will may say that everything should be distributed equally to the deceased account owner's three children, but the POD or TOD account directly passes assets to only one child, creating unequal shares among the children. If avoiding probate is the goal, it may be better to put all assets into a revocable trust that clearly states who should get what.

For real property, West Virginia permits transfer on death deeds, through which a house or other real property can be passed outside of probate. But while a transfer on

death deed successfully avoids probate, pursuant to the West Virginia Income Maintenance Manual, the property may still be subject to a Medicaid lien during the Medicaid beneficiary's lifetime.

While adding a co-owner to an account seems easier than a trust, this shortcut also can go awry. People often think that upon the original owner's death the surviving owner will "do the right thing", but legally the property becomes the surviving owner's asset to do what they wish with regardless of the intent of the decedent.

Before using any of these options to avoid probate, you should consult with your attorney to ensure your decisions will achieve your goals.

*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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Nursing assistant Karen Cantle (left) and LPN Christy Jackson help resident Gary Cobun with therapy exercises at Sundale Nursing Home.

Are you searching for a nursing home that offers both rehabilitation and long-term care? If so, Sundale Nursing Home might be the place you are looking for.

Since 1958, Sundale Nursing Home has continued to provide quality care and maintain its standard of caring. According to the website, Sundale was established in 1958 by the Monongalia County Commission as a non-profit organization to care for the elderly. It was called Sundale Rest Home. The original home was located in an older home on Van Voorhis Road, where the Monongalia Home Corp. was established to oversee the operation.

"Sundale is a 100-bed, rehabilitation and long-term care facility, Donna Tennant, admission and marketing director said. "We have been in the community since 1958. We are not-for-profit. We are an independent facility serving Mon County and the surrounding area."

She said Sundale prides itself on being able to provide services for its residents that many other facilities do not offer. She was referring to the iN2L program.

"This program and equipment has become most beneficial to the therapy department. It is

not only used in cognitive therapy but also physical therapy. There are exercise programs for every functioning level. It is running for at the very least eight hours a day in the therapy department. There are exercise programs, upper body programs that you actually use the computer screen to reach for objects. There are over 20,000 choices with the iN2L," Tennant said.

She said the iN2L provides something for individuals of all skill levels, from the highest mentally functioning individuals to those who are severely impaired.

"It is interactive and engaging," Tennant said. "It allows the resident to have a personal mailbox so the family can contact them to send a message or even pictures and it goes into their secure file. You can use the screen to color or paint. You can do every type of puzzle imaginable. It is great for one resident who is fluent in Greek and wanted to hear the Greek Orthodox programs, it was available to her. The system can provide programming in every language. It will even help us to learn other languages or to communicate in other languages.

"We have one resident who plays bingo for hours, and our only problem with that is, she wants a pay out," Tennant said. "There are

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programs that take you to drive through other countries, to walk down the streets of Paris or explore the jungles of Africa. It gives you the opportunity to view the white sandy beaches of the Bahama's. There are spiritual programs and Bible studies, old shows like "I Love Lucy" or "Gomer Pyle." There are games of skill, such as target shooting. We have a car simulator where you sit in front of the machine and you go for a drive, with the actual steering wheel, gas feed and brake.

"The iN2L system allows us to provide a service and commitment to our folks that is above and beyond what most facilities are able to offer. You may ask why? Because we care. It started over 65 years ago with our tradition of caring, and still today within our care, yet close to home."

Sundale's more traditional services include 24-hour skilled nursing, physical therapy, occupational therapy, speech-language therapy, specialized skin and wound care, restorative nursing, dementia care, pastoral services, 24/7 activity services, social services, registered dietitian, IV therapy, beauty and barber shop, palliative care and dental services.

"We have a team of nursing staff that go well beyond the call of duty, caring for the residents like family. Our administrative team has been at Sundale for a combination of over 500 years. Our family atmosphere gives residents the feeling of moving from one stage of their life to another," Tennant said. "Our staff has an ultimate goal of returning as many residents to the community as possible. For those residents unable to return to the community, Sundale is dedicated to maintaining them at their highest level of functioning."

She said Sundale's director — Dr. Carl Shrader — is a nationally certified consultant and a Modular Education Program instructor internationally, who takes pride in making sure the staff is well-educated in the needs of the residents.

"We have more activity staff than any other facility in the country. They provide the best programming possible along with giving the residents quality of life, going out to lunch and dinner, helping take them to the doctor, providing special events such as picnics, entertainment and that one-to-one time when they just cannot or choose not to come out into group programs," Tennant said.

She said Sundale also has a nationally certified dietary manager, three licensed social workers and an environmental service department that is enhancing the facility appearance all the time.

Tennant said the nursing staff consists of a well-known Director of Nursing Misty Royce and her assistant Jamie Taylor.

"The staff on the floor is heads above the rest," she said. "They know our residents and provide them with loving and caring services each and every day. I have been at Sundale for over 30 years, our administrative staff have been at the facility collectively over 500 years. Our efforts go back into our residents, whether they are here for rehabilitation, long-term care or palliative care, we are here to make a difference."

Sundale Nursing Home, 800 J.D. Anderson Drive, in Morgantown; 304-599-0497; sundalecare.com



Ron Rittenhouse/The Dominion Post

Monique Francis (left) working with the Sundale Nursing Home residents in the activity room.



Ron Rittenhouse/The Dominion Post

From left to right: Activities assistant Jessica Newcome, resident Rita Cook and Activities assistant Edward Brown play bingo on a digital tablet at Sundale.

## 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](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 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.

**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.

**CHAIR EXERCISE** - 2nd Wednesday of the month at 10:30 a.m.

Nathan will lead this group. It includes exercises to promote balance, coordination, flexibility, and overall good health while seated in a chair.





# Senior Monongalians events and activities

(continued)

## UPCOMING EVENTS & SPEAKERS

### FOOD BOX DISTRIBUTION

With the rise in the cost of everything, many of us find that our pantries are a little more empty than it used to be. Would having an extra bit of food really help get you through the month? Senior Monongalians and the Mountaineer Food Bank are working together to help older adults facing food insecurity by providing food boxes. These food boxes are available to Monongalia County residents aged 60 years of age or older who meet the household income guidelines. Participants will have the choice to receive one or two food boxes per month. If you would like more information or would like to see if you qualify to receive a food box, call 304-296-9812 or stop by Senior Monongalians.

### 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.

### MONDAY, JULY 31 at 10:30 a.m. - LEARN ABOUT THE SEARCH & RESCUE DOG PROGRAM

A representative from the local Search & Rescue Dog Program will discuss the use of search and rescue dogs can help find your family member or loved one that is missing. They will also make available a scent kit that would help record your loved one's scent in the event they would wander or disappear. This important presentation is open to the public.

### TUESDAY, AUG. 1 at 10:30 a.m. - NUTRITION EDUCATION

The students from the WVU School of Dietetics wrap up their Nutrition Education workshops with this last presentation. They will continue discussion on the link between nutrition and healthy aging.

### FRIDAY, AUG. 4 at 10 a.m. - SPONSORED BINGO

Join us for a few sessions of bingo and possibly win a prize or two. Bring a friend to add to the fun.

### FRIDAY, AUG. 11 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. Bring a friend to add to the fun.

### FRIDAY, AUG. 18 from 9 a.m. to 1 p.m. - MOUNTAINEER SOLE FOOTCARE CLINIC

Anita from Mountaineer Sole Care will hold a footcare clinic at Senior Monongalians. As a registered nurse she will be able to clip your toe nails, give you a massage, look for and treat (if needed) corns and calluses. Appointments are 30 minutes long. The fee for this service is \$35. Make your appointments directly with Anita at 304-368-8924.

### TUESDAY, AUG. 22 at 10:30 a.m. - WHAT YOU NEED TO KNOW ABOUT STROKES

Gwen from Encompass Health will discuss stroke basics and how to know if you or someone else is having a stroke. She will also discuss the treatments available.

### FRIDAY, AUG. 25 from 9 a.m. to 1 p.m. - FREE HEARING SCREENINGS

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

### FRIDAY, AUG. 25 at 10 a.m. - BINGO WITH BELTONE

A representative from the Beltone Hearing Aid Company will lead a few games of bingo and award prizes to the winners. Bring a friend to add to 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

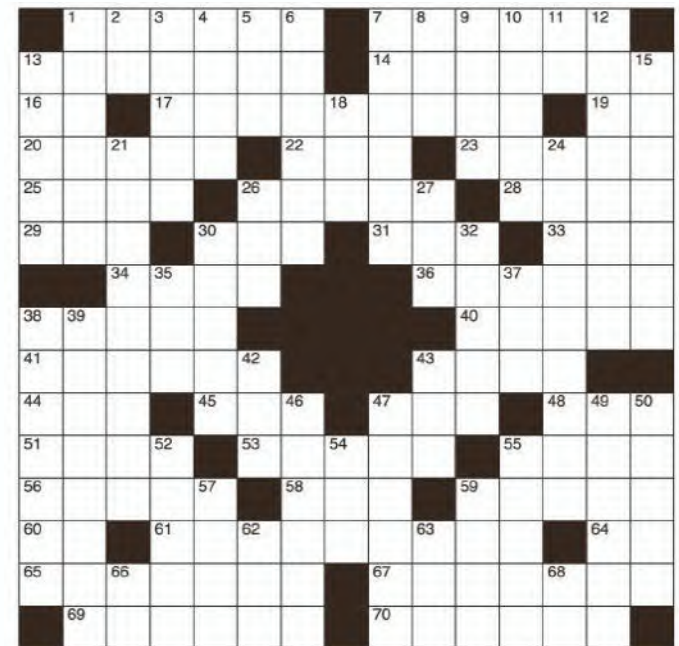
**EMAIL QUESTIONS TO:** gmullens@seniormons.org

**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. Bonus materials                        | 38. 18-year astronomical period       |
| 7. Formal names                           | 40. Furies                            |
| 13. Free from restraints                  | 41. Removes from the record           |
| 14. One who scrapes away                  | 43. Noted child psychiatrist          |
| 16. Type of device                        | 44. Feline                            |
| 17. Skin cancers                          | 45. High schoolers' test              |
| 19. The Show Me State                     | 47. Not happy                         |
| 20. Plate glasses                         | 48. They ___                          |
| 22. Red-brown sea bream                   | 51. On top                            |
| 23. Small (Fr.)                           | 53. Precious stones unit of weight    |
| 25. Flightless Australian birds           | 55. Moved quickly                     |
| 26. High IQ group                         | 56. Seagulls                          |
| 28. Stiff structures                      | 58. A seed with hooks or teeth        |
| 29. Revolutions per minute                | 59. Partner to "ooohed"               |
| 30. Where a bachelor lives                | 60. Exclamation of surprise           |
| 31. Licensed for Wall Street              | 61. Most unpleasant                   |
| 33. A place to park                       | 64. Organization help service members |
| 34. Energy, style and enthusiasm          | 65. Type of cockatoo                  |
| 36. An important creed in Catholic Church | 67. Humorous criticisms               |
|   | 69. Went through and organized        |
|   | 70. Wakes up                          |

## CLUES DOWN

- |   |                                     |
|---|-------------------------------------|
| 1. Settle in tents                      | 30. Bullfighting maneuvers          |
| 2. Big                                  | 32. Broadcast                       |
| 3. Books                                | 35. ___ Angeles                     |
| 4. Masses of eggs in fish               | 37. Vehicle                         |
| 5. Language                             | 38. Not religious                   |
| 6. Not standing                         | 39. North American peoples          |
| 7. Chinese philosophy                   | 42. A baglike structure             |
| 8. Computer giant                       | 43. Body art (slang)                |
| 9. A device to catch                    | 46. Picked for a role               |
| 10. Emits coherent radiation            | 47. Actress Tomei                   |
| 11. Actor O'Neill                       | 49. Former hoopster "Big Country"   |
| 12. Smallest interval in western music  | 50. Icelandic poems                 |
| 13. Not lower                           | 52. More pleasant                   |
| 15. Revolves                            | 54. It can add flavor to meat       |
| 18. Leavened bread                      | 55. Self-immolation by fire rituals |
| 21. Number above the line in a fraction | 57. Expression of annoyance         |
| 24. Cable                               | 59. ___ Spumante (Italian wine)     |
| 26. Adult male                          | 62. Consumed                        |
| 27. Airborne (abbr.)                    | 63. Body part                       |
|   | 66. Thus                            |
|   | 68. In reply (abbr.)                |





# Preston County seniors participate in Senior Olympics

**BY JENIFFER GRAHAM**  
for The Dominion Post

KINGWOOD — Competitors from the county senior centers set an impressive record at the recent Mountain State Senior Olympics held at Potomac State College. The event was sponsored by the Aging & Family Services of Mineral County.

According to the Aging & Family Services website, 125 seniors from the surrounding areas participated in the competitions this year.

Barbara Perry, president of the Kingwood Senior Club, said the 14 county competitors brought home 65 medals and three trophies from the two-day event. She said this year all of the competitors from Preston County were women.

"We compete every year," Perry said. "But this was our first time since 2019 because the event was canceled due to the pandemic. We normally have stay three nights but this year it was only two."

She said the senior athletes can choose which and how many events they want to compete in. The first day of the event is held indoors.

The outdoor events included soccer kick, lacrosse, football throw, disc golf, 20-yard dash, softball throw, bocce ball roll and bowling.

"We compete by age group. The men are divided into their age group and the women into theirs," Perry said. "It's a lot of fun. On the final day there is a free banquet and the awards and trophies are handed out."

She said she would like to encourage other seniors to participate in the Olympics.

"It's not really expensive. We pay for a room in the college dorm and eat lunch at the senior center. There is a free banquet and evening picnic. It's a lot of fun, you meet a lot of new people and you make new friends."

## 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





# Our attempts to define and also find happiness



**BY IRENE MARINELLI**  
for The Dominion Post

*"Happiness is not something that comes ready made. It comes from our actions."*  
~ Dalai Lama

Happiness, how can we define it? It can be as a gushing fountain raining down silver drops of joy on our day. It can also wear the cloak of contentment, quietly sweeping away any remnants of despair or depression. Happiness can be a visitor at the gate, whose stay is shorter than we would like it to be.

The most narrow definition of happiness probably points to a momentary emotion. There is a broader definition. According to the social scientists who study this illusive concept, happiness has several components. Happiness is linked to social relationships, friendships. Living with purpose and deep commitment is also a component. Gratitude is linked with happiness. We can be and should be grateful, not only for the good things and joyful experiences life brings us, but also for

the difficult times that teach us hard lessons, and help make us stronger.

A relatively new branch of psychology ... positive psychology ... attempts to explore human flourishing and the ways in which humans can build a meaningful, happy life.

According to the school of positive psychology, there are five factors that create a feeling of happiness and well-being. These include positive emotion, engagement with life, relationships, living with meaning and accomplishment. It's interesting to note studies in this area find that happiness changes over our lifetime in a specific pattern. They have found that satisfaction and happiness begin relatively high in early childhood, decrease from adolescence to mid-life and then begin to rise and continue to rise throughout older adulthood.

It seems that happiness can be measured by social scientists. A study by Ryan and Deci (2001) tells us "Happiness can be measured by three factors: the presence of positive emotions, the absence of negative emotions

and life satisfaction." The good news from several studies is that happiness is, at least to a certain degree, under our own control. The key factor here is that if we believe we can take action to control our happiness, we will be happier. Studies also point out that it's important for us to focus on those things we can control instead of trying to change things that are out of our range of control. Dr. Bryan Robinson writes, "The happiest people learn over time how to implement strategies that give them an upper hand at being happy which inoculates them against the curve balls that life throws their way."

So, according to all the research that has been done, it seems that we can find at least some measure of happiness by reflecting on the good things in our lives, making sure we don't simply drift through our days, but instead add purpose and meaning to our living. Whether we are partnered or alone, worried

about money or living in plenty, healthy or health-compromised, being happy is still possible. Much depends on our attitude toward others, toward our lives and toward ourselves. It seems to me if we find ourselves living in an unhappy situation, for whatever reason, it's important to look take a close look, see where changes can be made. As pointed out in the research, only those changes that are definitely within our grasp can add to our happiness and contentment. We are all such unique individuals, which gives the concept of "happiness" a special and unique meaning for each of us. For myself I am happiest when out in nature or enjoying peace in my home with those I love. We each know ourselves best and each must find our individual path to happiness.

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

## PUZZLE SOLUTION

	E	X	T	R	A	S		T	I	T	L	E	S	
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## Senior emergency assistance

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

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

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

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

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

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

**Catholic Community Charities**  
**Preston County**  
304-329-3644  
The Raymond Wolfe Center is the only food pantry in Preston County that has specialized diet foods (diabetic, salt free, etc.). It also has some pet food available. Call to check availability.

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

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

**St. Vincent DePaul Helpline**  
304-329-6229

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

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



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near you or call 855-WVU-CARE