

# Senior Post

*Living well and gracefully through the golden years*

**Bob Barlow**  
Celebrating a local hero

**SEPTEMBER 2023**  
A MONTHLY MAGAZINE BY



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*On the cover: Bill Childers (left) Commander of VFW 2345 sits with Bob Barlow at the Tunnelton Senior Center. Photo by Jeniffer Graham for The Dominion Post.*



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## Senior centers and facilities

**Monongalia County  
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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



Westside Senior Center

**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 Ave., Masontown  
304-864-6465

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# Step-up in basis and why it matters in estate planning



**BY DOREEN SEAMON**  
for The Dominion Post

Before you gift your home or other highly appreciated assets to your loved ones, you should understand what the step-up in basis is and how it may affect you.

The “step-up in basis” or “stepped up basis” is a provision in federal tax law. It determines how assets are valued when a person passes away and leaves these assets to heirs. The “stepped up basis” becomes the “cost basis” for calculating capital gains for taxes upon a subsequent sale by heirs. Generally speaking, it is a better tax outcome for heirs to inherit highly appreciated assets rather than receiving them as a gift during your lifetime.

For example, imagine a person passes away and leaves their home to their children through their will, the increased value between the original purchase price and the value at the

time of death will eliminate or significantly reduce the capital gain for the children.

The value of the home when the owner purchased it is the “cost basis”, that cost basis is adjusted to the fair market value on their death (“stepped up”).

Continuing our example, the original cost of the home was \$100,000, and let’s assume the “stepped up” basis at the date of death is \$300,000 and the children then sell the home for \$300,000. The resulting capital gains liability is calculated by subtracting the stepped-up basis from the sale price. The children’s capital gain (\$300,000 - \$300,000 = \$0 gain).

But, if that owner gifts that same home to their children during their lifetime, the children do not get a step up in the basis, they get the parent’s basis (the original purchase price). In the above example, if the children then sold the home for \$300,000, they would have a \$200,000 gain subject to the capital gains tax.

The step-up in basis can apply to many kinds of assets, such as personal property, financial accounts, and businesses, but it does not apply to some assets such as qualified accounts or tax-deferred annuities.

Capital gains are taxed when an asset is sold (for a profit). In the above example, if the house is sold three years after the parent’s death for \$400,000 (an increase in value of an additional \$100,000 during the time of the heirs’ ownership), then capital gains tax is potentially due on \$400,000 (sale price) - \$300,000 (stepped-up basis at date of death) = \$100,000 of capital gain.

Gifting or bequeathing these types of assets through your will or estate rather than giving them away during your life can make a big difference for your heirs.

The above examples are an oversimplification to help you understand the basics. Planning to avoid capital gains taxes is a complex

endeavor that a person should only undertake with the assistance of a qualified professional. Every person’s situation is different, and there is no one-size-fits-all solution.

While saving money on capital gains may seem attractive, there may be situations where leaving assets to heirs upon your death may not be the best plan or may create more significant tax issues. In addition, it may not be the best strategy if, for example, you need to engage in Medicaid planning.

Contact your attorney for answers to questions about capital gains taxes and whether you or your loved one may benefit from a step-up in basis.

*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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# Bob Barlow

## Celebrating a local hero

Story by Jeniffer Graham for The Dominion Post



Submitted photo

Left to right: Terry Sypolt, Bob Barlow and Dave Sypolt. The Sypolts presented Barlow with a birthday certificate from the Governor's Office.

On July 13, an early birthday party was held at the Tunnelton Senior Center celebrating Robert "Bob" Barlow's 90th birthday.

Mary Sanders, a member of the center, said the center was decorated in red, white and blue, and Dave and Teri Sypolt presented Barlow with a birthday certificate from the governor's office. Bill Childers, commander of VFW Post 2345, presented him with a pen showing the raising of the flag at Iwo Jima.

The Tunnelton Senior Center has a special meaning for Barlow. He donated the land it was built on.

"Sid Murphy, who was director of the Preston County Senior Citizens at the time, told me he was looking for a site to build a senior center in Tunnelton," Barlow said. "Sid had the money but said he couldn't find a site the state would approve. I told him I'd donate the ground."

Barlow said he is at the center almost every morning between 9 and 9:30, making the first pot of coffee of the day. He also serves as treasurer for the center. Barlow said between 20 and 25 seniors come to eat lunch at the center, play cards and help with fundraisers.

"We have 50-50 drawings, we fill new

garbage cans with food and chance them off, have dinners, breakfasts, and Monday night bingo to raise money" Barlow said.

He said the center also has hospital beds, walkers, potty chairs and other items they loan out to seniors returning home from the hospital.

The center is not the only organization Barlow is involved in. He is also a member of VFW Post 2345, and a member of the historical society in Preston County.

Barlow said he grew up in Camp Ground and usually walked to school. After school he said he helped his dad on the farm.

"He was my best friend," Barlow said. "I had two weeks to go in the 10th grade when I quit. I got my GED in the Air Force."

"I used to ride the West Virginia Northern (train) up town. I'd stand on the step of a coal car. It would slow down going in that direction. Coming back, it went faster and I'd jump off."

Barlow said he married his first wife when he was 18. He said they were married for 18 years and had two children.

"We separated and I got married again

three years later," he said. "My wife passed away five years ago. We were married for 42 years. My stepdaughter lives across the road from me. She was 10 years old when I married her mother. My son lives on the old homestead on Camp Ground Road. One of my daughters lives in Cleveland and one in Oklahoma."

He said prior to going into the Air Force, he and a friend tried to find jobs. Barlow said he signed up for all four branches of the service.

"I found a job and made \$32 a week. I was promoted to foreman and was making \$36 a week when there was a knock on my door. It was the Air Force recruiting sergeant. He asked how badly I wanted to enlist, then asked if I could be ready in 30 minutes. I told him I could be ready in 15," Barlow said.

He said after basic training he was sent to San Antonio, Texas, for more training. When he completed that, he was assigned to the Barksdale Air Force Base in Shreveport, La., under Gen. Curtis Lemay.

"It was called SAC, the Strategic Air Command. We got the best there was. I went TDY (temporary duty) to England, the Azores, Germany and Bermuda. I didn't even know where I was half the time. My wife was in Shreveport and I was just a mile away and

couldn't tell her where I was," Barlow said.

"It was during the Korean war. They called us bus drivers because of our hats. I was a mechanic. I kept the planes flying. I used to go to schools and talk to the kids. I'd tell them the people who did the paperwork and worked behind the scenes was very important. They were the ones that kept things going."

The Tunnelton Senior Center is open 10 a.m.-2 p.m. Monday through Friday at 1266 Senior Drive, Tunnelton. Phone: 304-568-2151



Jeniffer Graham for The Dominion Post

Bill Childers (left), commander of VFW 2345, sits with Bob Barlow at the Tunnelton Senior Center.

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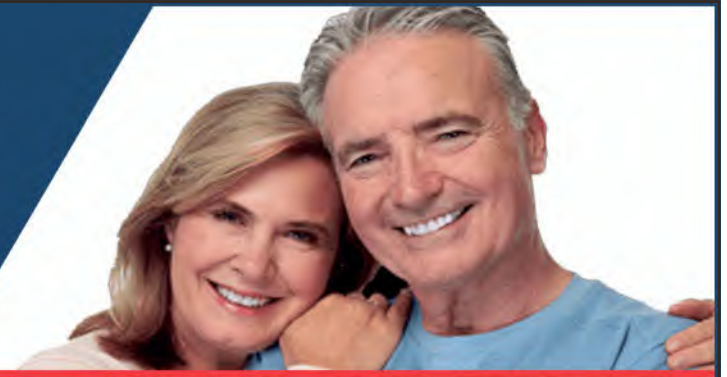




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# MEDICARE

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## IT'S TIME TO SPEAK WITH YOUR MEDICARE ADVISOR

Plans have changed this year. Use September as a month to prepare.

### Seniors may have questions about Medicare such as:

- I'm new to Medicare, what are my options?
- I don't know if I'm on the right prescription plan?
- I am a Veteran. What benefits do I have?
- I'm on Medicare and Medicaid. Am I receiving all that I'm entitled to?

### We can help:

- Understanding Medicare 101
- Turning 65
- Free reviews of your current coverage
- New to Medicare
- Free review to find the right plan for you
- Loss of Employer Coverage
- Free reviews of your current coverage - call for an appointment

### Senior Benefits:

- Medicare Advantage Plans
- Medicare Supplemental Plans
- Prescription Drug Plans
- Dental Coverage
- Vision Coverage
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# Senior Monongalians events and activities

### SENIOR PANTRY PROGRAM

What do you do when you need to pick up groceries? We jump in our cars and go to the grocery or corner store. 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** - Returns Thursday, September 14 1 - 2:30 p.m., Exercise Room • Nondenominational

**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.

### FRIDAY, SEPT. 1 at 10:30 a.m. - SPONSORED BINGO

Come out of the heat and into the air conditioning at Senior Monongalians for a few games of bingo. Bring a friend to add to the fun.

### MONDAY, SEPT. 4 - CLOSED FOR LABOR DAY

### TUESDAY, SEPT. 5 at 10:15 a.m. - STOP THE BLEED

If you or someone else is in an accident and they are bleeding, would you know what to do? Josh from the Mon County Health Department will host an important presentation on how to deal with an injury that includes blood loss. This presentation is free to older adults.

### FRIDAY, SEPT. 8 at 10 a.m. - BINGO WITH RENAISSANCE CARE

Becky from Renaissance Care will lead a few games of bingo and award prizes to the winners. Bring a friend to add to the fun.

### FRIDAY, SEPT. 15 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.

### THURSDAY, SEPT. 21 from 10:30 a.m. to 12:30 p.m. - FALL FESTIVAL

Help us kick off autumn during our Fall Festival. Make the center colorful by wearing your favorite fall colors. Keep watching the Senior News and our Facebook page for more details.

### FRIDAY, SEPT. 22 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, SEPT. 22 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.

### FRIDAY, SEPT. 29 at 10 a.m. - BINGO WITH WV CARING

Sydney from WV Caring 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](http://www.seniormons.org) • **FACEBOOK:** Senior Monongalians • **PHONE:** 304-296-9812

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

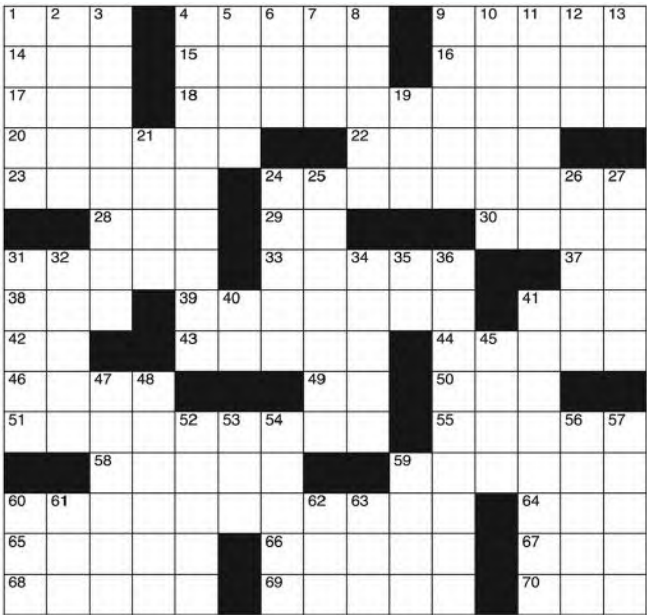
**EMAIL QUESTIONS TO:** [gmullens@seniormons.org](mailto:gmullens@seniormons.org)

**COVID-19 Vaccine Hotline: 833-734-0965** West Virginia-based individuals will provide information about COVID-19 vaccine schedules. Seniors without a computer should use this number to register for the COVID-19 vaccine. The hotline is available Monday through Friday 8 a.m. - 6 p.m. and Saturday 9 a.m. - 5 p.m. Hotline is not available on Sunday.

**WV Emotional Support Hotline: 844-435-7498** West Virginia-based counselors are available 24/7 to provide immediate help for West Virginians of any age who are struggling with stress, fears, anxiety, and/or an addiction.

### WV United Way-sponsored information and support hotline: 2-1-1 (a three-digit phone number)

Dial 2-1-1 to speak with West Virginia-based individuals who are trained to provide information and support in the areas of COVID-19, finances, health, housing, food, disabilities and domestic concerns.



## CLUES ACROSS

- |   |   |
|---|---|
| 1. Midway between east and southeast      | 38. Anglican cathedral                      |
| 4. At right angles to a ship's length     | 39. Aircraft part                           |
| 9. William Penn's business partner        | 41. Before                                  |
| 14. ___ de plume                          | 42. Blood group                             |
| 15. Accomplished soccer coach             | 43. Secretory organ                         |
| 16. Bone cavities                         | 44. Fencing swords                          |
| 17. ___ juris: independent                | 46. The small projection of a mammary gland |
| 18. Popular Philly sandwich               | 49. Technological advancement               |
| 20. Northern Ireland county               | 50. Male parent                             |
| 22. Performing artist                     | 51. Dissociable                             |
| 23. S S S                                 | 55. More cold                               |
| 24. Lacks flavor                          | 58. Cape Verde Islands capital              |
| 28. Commercials                           | 59. Blood disorder                          |
| 29. Anno Domini (in the year of Our Lord) | 60. Creative                                |
| 30. Qatar's capital                       | 64. Sun up in New York                      |
| 31. Indigenous peoples of Alberta         | 65. Made angry                              |
| 33. Popular footwear                      | 66. Relieves                                |
| 37. Indicates position                    | 67. Brooklyn hoopster                       |
|   | 68. Seasonsings                             |
|   | 69. Movable barriers                        |
|   | 70. Attempt                                 |

## CLUES DOWN

- |   |   |
|---|---|
| 1. Occur as a result of                         | 31. Places to enjoy a rest              |
| 2. Spiritual essences                           | 32. Edward __, author and writer        |
| 3. Representative                               | 34. "___ but goodie"                    |
| 4. Entering                                     | 35. One hundredth of a liter            |
| 5. Nobel Prize-winning physicist                | 36. Shabbiness                          |
| 6. Midway between northeast and east            | 40. TV personality Roker                |
| 7. Consumed                                     | 41. Triangular upper part of a building |
| 8. Tablelands                                   | 45. Speed at which you move             |
| 9. Kids' craft accessory                        | 47. Offend                              |
| 10. Not known                                   | 48. A reference point to shoot at       |
| 11. Sound directed through two or more speakers | 52. Forays                              |
| 12. A major division of geological time         | 53. Biblical city                       |
| 13. Wild ox                                     | 54. Blatted                             |
| 19. Shock treatment                             | 56. Northern sea duck                   |
| 21. Turner and Lasso are two                    | 57. Shabby (slang)                      |
| 24. Genus of flowering plants                   | 59. Allege                              |
| 25. Relating to ductless glands                 | 60. Tax collector                       |
| 26. Stock certificate                           | 61. Whereabouts unknown                 |
| 27. Satisfies                                   | 62. Chinese philosophical principle     |
|   | 63. Indicates equal                     |







# Medicare coverage and diabetes

**BY LISA ELLISON**  
for The Dominion Post

Seniors may have questions about Medicare coverage and dealing with diabetes.

Mike Cilella, a benefit specialist, provided information from the Department of Health and Human Services by the Centers for Medicare and Medicaid Services about specific coverage, keeping oneself healthy, and where readers can find more information. Visit [Medicare.gov](http://Medicare.gov) or call 800-MEDICARE for the most current information.

Medicare Part B generally covers services for diabetics, and some preventive services for those at risk for the disease.

Part D covers diabetes supplies used to inject or inhale prescribed insulin. Members must be enrolled in a drug plan to get supplies Part D covers, such as anti-diabetic drugs to maintain blood glucose. A deductible may apply. Part B will cover screenings if the provider determines a member is at risk for diabetes, and the member may be eligible for two screening tests annually. There is no coinsurance, copayment or Part B deductible for those screenings. Part B will even cover a “once-per-lifetime health behavior change program” to prevent diabetes, Cilella said.

Part B will cover training services for people recently diagnosed or at risk of related complications. Such services must be ordered by the health care provider, and an accredited individual or program must provide these training services. Part B will also cover home monitors and supplies used with those monitors. Part D will cover medical supplies to administer insulin, and a deductible may also apply. Proper foot exams and treatment are

essential for diabetics and Part B covers an exam every six months if you have diabetic peripheral neuropathy and loss of sensation. Check the Medicare manual for finer details concerning policies about members’ services in specific locations.

Part B covers external durable insulin pumps if certain conditions are met. It will also cover medical nutrition therapy and certain related services if a member is diabetic or has kidney disease. After the Part B deductible is met, 20% of the Medicare-approved amount will apply for the Medical Nutrition Therapy (MNT) services.

If the provider accepts the assignment, there will be no copayment, coinsurance or Part B deductible. Therapeutic shoes or inserts are covered by Part B if members are diabetic or have severe diabetic foot disease. After the annual Part B deductible is met, 20% of the Medicare-approved amount will apply. Members must ask for supplies and refills. Every year, a member will need a new prescription for diabetes and insulin-related supplies.

Medicare-enrolled pharmacies and suppliers must submit claims for diabetes -related supplies such as monitors. A member must also make sure that the pharmacy or supplier accepts assignments for the Medicare-covered supplies. Members could save money; If the pharmacy or supplier accepts the assignment, Medicare will pay the pharmacy or supplier directly.

The Part D Senior Savings Model is “available to all people with Medicare,” said Cilella. Part D offers coverage choices, including various types of insulin at a maximum copayment of \$35 for a 30-day supply. Members

could save up to \$446 a year in out-of-pocket costs. Medicare drug plans can even cover anti-diabetic drugs such as Metformin and many more.

Cilella explained, “Part Bs prevention program could help members make lasting changes with group support, nutritional and exercise training, strategies to control weight, a trained coach for motivation, and post-goal support.”

What are the guidelines for a diabetes diagnosis and an unhealthy BMI? Cilella said a fasting plasma glucose more than 110-125 or an A1c between 5.7 and 6.4%, along with a BMI of 25 are all red flags in one’s personal care.

What if a member must manage their diabetes from more remote areas or is unable to get to an appointment? Cilella said “if a member is in a rural area, a registered dietitian or other nutritional professional may be able to provide services through telehealth. Telehealth services are only available to patients at certain healthcare locations in rural areas.” Members need to check with their provider to see if these services are accessible.

Certain patients may be more at risk for diabetes such as African-Americans over 50 and Hispanics over 65.

“Testing with one’s physician and eye doctor monitoring is important to mitigate the effects. Glaucoma tests should be done, and

patients need to maintain flu and pneumonia shots,” said Cilella.

Members must check their guidelines to confirm what is covered and where. Cilella said, “If you’ve had Medicare Part B for longer than 12 months, you can get a yearly visit to update or develop a personalized prevention plan based on current health and risk factors.”

A review of medical and family history, a list of current providers and medications, height/weight/blood pressure and other routine vitals, a list of risk factors and treatment options would be a part of that wellness visit.

“Some supplies and services that Medicare does not cover include eyeglasses and exams (except after cataract removal surgery, orthopedic shoes and cosmetic surgery,” Cilella said.

It is critical that individuals take several steps to control their diabetes. According to Cilella, this includes “eating a balanced diet, communicating their nutritional plans with their physicians, managing weight effectively, exercising regularly.” He added, “Monitoring blood glucose or cholesterol, and stopping smoking” are also key positive changes.

Readers who have questions related to their Medicare coverage plan(s) and diabetes may contact Cilella at 304-988-5552 or [mcilella@BOSTbenefits](mailto:mcilella@BOSTbenefits).

## 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 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





BY IRENE MARINELLI  
for The Dominion Post

I recently came upon this little reminder in my reading: "If we want to have a successful, fulfilling life as we age, we need to decide which school of thought we embrace ... the 'you can't teach an old dog new tricks' or the 'you can be a life-long learner' school of thought."

It made me ponder on the importance of having a good perspective about aging. In retirement we are no longer bonded to the alarm clock and a strict schedule. A whole new world has opened up. We have choices, possibly more choices than we can easily handle. We have a clear choice of where to live out the rest of our days ... no concerns about proximity to jobs or good schools. We also have the opportunity to decide who will receive some (but certainly not a great deal) of our precious free time, be it babysitting grandkids, volunteering or anything else that comes

up. Now we can choose to be adventurous.

Unfortunately, some people still view the elderly as a tired, uninspired group of adults, content to spend much of the day in front of their TV sets, puttering in their back yards and taking several much-needed daily naps. That prejudgment may be partially true of some of our oldest citizens, mainly because of pre-vailing health problems or social isolation.

When we were children, we were adventurous. We were always more than ready for new sights, new experiences even for learning something new and fascinating. What happened to that zest for living? You know exactly what happened, my gentle reader. Jobs and children and a multitude of chores, illness and marital problems: life took hold of us, molded us, sometimes beat us down until we forgot that wonderful, intoxicating feeling of looking forward to whatever was around the bend. However, research in this area points to much of our aging population living with a zest for life and an adventurous spirit. Adventure

does not belong exclusively to the young.

Getting out of our comfort zone can be an adventure. Now we have time to explore and enjoy our own country and the world. Airplane travel, although the fastest way to get from one place to another, may be a bit daunting, especially if you are traveling alone. If a plane is not a favored mode of transportation, leisurely car trips can be a great way to explore. Visiting new places close to home can be fun but if we want to go further afield, our United States is huge and varied in climate and culture. We can drive when and where the spirit moves us, take in some of the sights along the way. Now that we are retired and our children are on their own, we may have some extra resources to spend on a cruise, a luxurious adventure indeed!

We don't have to leave home at all to satisfy our adventurous spirit. Learning a new language or learning to play an instrument fits well into retirement and offers adventure of a different kind. This mode of new learning is good for the brain and balm for the spirit. We can bring some adventure into our days by immersing ourselves into another country's culture. A wealth of information about the country of choice can be found on the internet. If we enjoy cooking, making some special dishes native to that country with recipes from the internet or the library can bring us delightful and delicious new experiences.

Adventure is all around us. We have only to seek it out, enjoy it, let it enhance our lives.

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

PUZZLE SOLUTION

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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



West Virginia's **HIGHEST RANKED\***

# HEART PROGRAM

at the state's #1 hospital: WVU Hospitals

 **WVU**Heart & Vascular Institute

Visit [WVUMedicine.org/Heart](https://WVUMedicine.org/Heart) to find a location near you or call:

**855-WVU-CARE**

\*Per the U.S. News and World Report Hospital Data Insights.

