

Senior Post

Living well and gracefully through the golden years

**Signs it could be
time to move to an
assisted living facility**

OCTOBER 2023
A MONTHLY MAGAZINE BY

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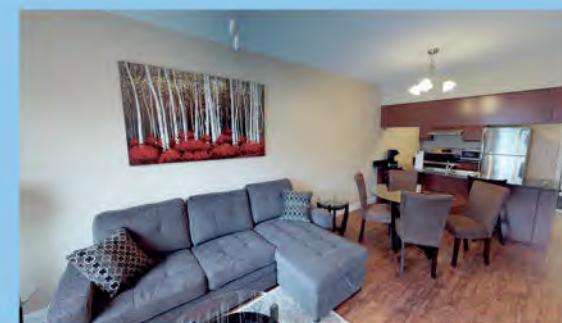
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304-432-8177

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

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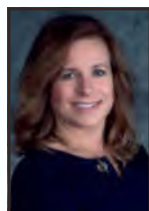


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Majority of adult children cannot support Boomer parents



BY DOREEN SEAMON
for The Dominion Post

A recent survey by the American Advisors Group (AAG) finds that 55% of adult children say they are not financially prepared to help their Baby Boomer parents cope with rising inflation and living expenses.

"Americans want to see their parents age with grace and dignity and have the resources they need to live comfortably, but for many families the current economy is making that difficult," AAG Chief of Marketing Martin Lenoir said in a news release.

AAG surveyed more than 1,500 adult children, ages 40 to 55, across the country. Known as the "sandwich generation," this group faces the responsibilities not only of raising their children, but also of serving as caregivers for their aging parents. Among the survey's other key findings:

- More than a third of adult children say they

worry that their parents will become a financial burden for them.

- Nearly 60% say they cannot afford any kind of professional elder care for their parents.
- Yet almost half admit they have never broached the subject of finances with their senior parents.
- A full 50% of them do not know how much debt their parents are carrying.

Another survey, conducted in 2020 by GoHealth, explored GenXers' and millennials' involvement in their parents' financial and health care needs. It found that one in three GenXers and millennials are supporting their parents financially. Nearly the same number are managing, or helping to manage, their parents' health care.

The survey's 2,000 GenX and millennial respondents also reported the following:

- On average, they spend 11.5 hours per week managing their parents' health care by providing transportation, scheduling doctor visits, and explaining insurance claims. They also

estimate they'll spend 14 to 16 years continuing to do so.

- 2 in 5 spent more than \$10,000 of their own money supporting their parents in 2020.
- The vast majority (86% of GenXers and 82% of millennials) worry about having enough money to support themselves and their parents.

Adult children will continue to feel the pressure for the foreseeable future. Every day, on average, 10,000 Boomers (those born between 1946 and 1964) reach age 65, and another 10,000 of them turn 75. According to research by the Blackstone Group, an independent research firm, nearly 80 percent of middle-income Boomers do not have any savings designated to cover their retirement care.

Meanwhile, 30 million Boomers retired from the workforce amid the COVID-19 pandemic. Saddled with college debt, as well as rising inflation and housing costs, those GenXers and millennials who still depend on their parents for financial assistance or housing may no

longer be able to count on that support.

It's important for families to have an honest and respectful financial conversation before a medical event occurs or the need for care arises. Talking about money with your family can be a delicate matter, but it's necessary to understand both the degree of care that may be needed and the financial resources available to provide it.

Estate and elder law attorneys are trained to help clients and their families work through important decisions that can save protect and preserve assets as the Boomers health needs change. For help planning for the future of your Boomer parents, or for your GenXer and millennial children, consider contacting a qualified attorney and financial planner to discuss your options.

Doreen L. Seamon, J.D. is an attorney with Seamon Law Offices PLLC. Her experience includes elder care and estate planning. She writes a regular column for Senior Post. Contact her at columns@dominionpost.com.

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Signs it could be time to move to an assisted living facility

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Assisted living facilities provide a vital service to families across the globe. In fact, more than 800,000 people in the United States are currently living in assisted living facilities, according to a 2023 report from Zippia, an online recruitment service that gathers information from the Bureau of Labor Statistics and its own internal data.

The decision to move oneself or an aging relative into an assisted living facility is complicated. Though such facilities typically offer an excellent standard of care, it can still be bittersweet for an individual to leave his or her home. It also can be difficult to identify when is the best time to make such a transition. Though each individual case is unique, the following are some indicators that the time might be right to move oneself or an aging loved one into an assisted living facility.

- **Emotional challenges:** The National Council on Aging notes that certain emotional challenges may indicate the time is right for an individual to move into an assisted living facility. The NCOA encourages individuals making such a decision independent of others to ask themselves if they are experiencing feelings of loneliness or depression. Assisted living facilities can provide much-needed social interaction that seniors may not be getting at home. If feelings of loneliness or depression are present, then the time might be right to make the move to an assisted living facility.

- **Physical challenges:** Many individuals move into assisted living facilities because the physical challenges of daily life have become too significant to handle alone. The NCOA notes that individuals who are feeling overwhelmed by tasks such as buying groceries, cooking and cleaning may benefit from mov-

ing into assisted living facilities that handle such tasks for them.

- **Issues with hygiene:** The presence of additional challenges related to hygiene also may suggest a move to an assisted living facility may be beneficial. Staff at assisted living facilities can help adults who are struggling to bathe, dress themselves or use a restroom on their own. Family members can look for signs that a loved one's personal hygiene has taken a turn for the worse. Issues with hygiene can be a byproduct of depression, and poor hygiene also can increase risk for infection and illness.

- **Injuries:** The NCOA notes that falls or near-falls are another potential sign that a person can benefit from moving to an assisted living facility. Falls can hurt anyone, but they can be especially damaging to aging adults. For example, the National Institutes of Health

report that falls may result in loss of independence, chronic pain and reduced quality of life. Assisted living facilities are often equipped with features to reduce risk of falls, such as grab bars in showers and bathrooms and even along corridor walls. In addition, assisted living facilities may be housed in single-story buildings or equipped with elevators, which means residents won't be forced to navigate potentially dangerous staircases at any point during the day. Staff also can respond quickly if residents experience a fall, providing much-needed assistance that seniors living alone or with an aging spouse may not get at home.

Various signs may indicate that the time is right for individuals to move into an assisted living facility so they can more safely navigate daily life.

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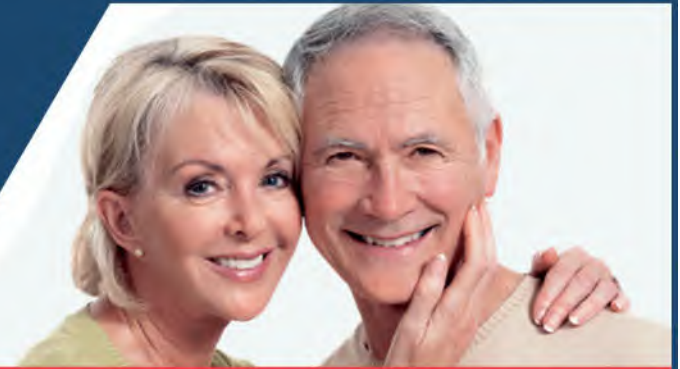
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Senior Monongalians events and activities

SENIOR PANTRY PROGRAM

Grabbing odds and ends at the grocery store or putting in an order over the Internet is just a normal part of the day for most of us. 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.

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

****NOTICE**** As of September 29, 2023, the Grab & Go Lunch program will officially come to an end. This program was started during the COVID pandemic to assist older adults obtain a nutritious meal. Since the COVID pandemic has officially ended, the funding and grant resources to support this program has ended. Therefore, the last day of the Grab & Go Lunch is September 29th. Senior Monongalians provides other programs and services that you may be interested in: In-center meals and home delivered meals.

If you are interested in either of these programs or would like some more information, please call us at 304-296-9812.

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. As of October 1st, deliveries will take place Monday through Thursday. Clients will receive a hot meal on each of these days. A cold meal will be included on 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 - 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, OCT. 6 at 10 a.m. - BINGO WITH WV CARING

Sydney with WV Caring will lead a few games of bingo and award prizes to the winners. Bring a friend and add to the fun.

FRIDAY, OCT. 13 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, OCT. 20 from 9 a.m. to 1 p.m. - FOOT CARE CLINIC

Anita from Mountaineer Sole Care will hold a foot care clinic. Clients will receive a toe nail clipping, evaluation of corns and calluses with treatment if needed, and massage. Sessions are 30 minutes each. The fee for this service is \$35. Make your appointment by calling Anita at 304-368-8924.

FRIDAY, OCT. 20 at 10 a.m. - BINGO WITH VILLAGE CAREGIVING

Toni from Village Caregiving will lead a few games of bingo and award prizes to the winners. Bring a friend to add to the fun.

FRIDAY, OCT. 27 from 9 a.m. to 1 p.m. - FREE HEARING SCREENINGS

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

FRIDAY, OCT. 27 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.

TUESDAY, OCT. 31 - HALLOWEEN CELEBRATION

Join us for a ghoulishly good time during our annual Halloween celebration. Get into the spirit and dress up in your favorite costume. More details to come.

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

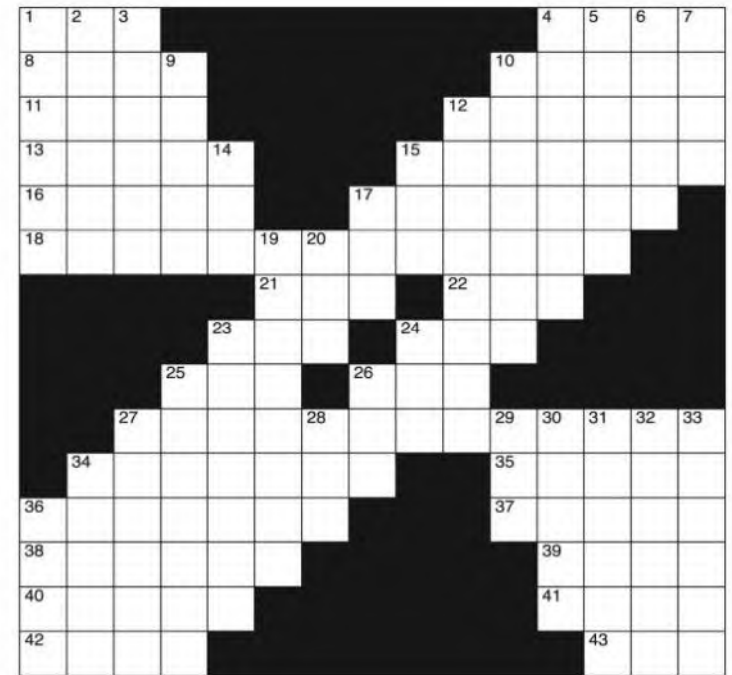
EMAIL QUESTIONS TO: info@seniormons.org

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. Outsourcing (abbr.) | 23. Cash machine |
| 4. Post | 24. A way to soak |
| 8. German city on edge of Black Forest | 25. Hair product |
| 10. "___, but goodie" | 26. Deride |
| 11. Spiced stew | 27. "The Blonde Bombshell" |
| 12. Passionately | 34. Cause to become insane |
| 13. Monetary units | 35. Bluish greens |
| 15. Group of living organisms | 36. Supported with money |
| 16. Organic compound derived from ammonia | 37. Type of equation |
| 17. High honors | 38. Court officials |
| 18. 5-year-olds' classes | 39. Indian god |
| 21. Swiss river | 40. Rids |
| 22. Old woman | 41. Leak slowly through |
| | 42. Units of ionizing radiation |
| | 43. Midway between south and southeast |

CLUES DOWN

- | | |
|------------------------------------|---------------------------------|
| 1. Native of Slovakia | 20. Leg (slang) |
| 2. Deli meat | 23. Pokes holes in |
| 3. Fibrous substance in fungi | 24. Moved quickly on foot |
| 4. Cutting | 25. Fix-it shops |
| 5. Vedder and Van Halen | 26. Type of bread |
| 6. Horror comic novelist | 27. Repaired |
| 7. Rulers of Tunis | 28. Synthetic diamond (abbr.) |
| 9. Shaped like a circle | 29. Type of drug (abbr.) |
| 10. Make a pig of oneself | 30. German city along the Rhine |
| 12. Aphorism | 31. Animal disease |
| 14. Witness | 32. Martini necessities |
| 15. Single Lens Reflex | 33. Get away from |
| 17. Freshwater North American fish | 34. Village in Mali |
| 19. Nautical ropes | 36. Djibouti franc |





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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

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

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1 Heritage Point, Morgantown
304-285-5575

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

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PineRidge

It's time to stop hurrying through our days



BY IRENE MARINELLI
for The Dominion Post

"Busyness is, at its core, misplaced priorities"
~ Joshua Becker

It seems when we were younger we were always in a hurry, rushing through our days because we had to, in order to get things done. It's easy to mistake all that hurrying for efficiency. After all, our culture glorifies busyness, whether it was our job or the kids or chores or a long list of commitments that pushed us to get going, get it done, those times are past. Now we are in retirement or at least close to it, so we can settle gently into aging. We can learn to concentrate on ourselves, on what we want, what we need in order to live the remainder of our days with purpose and contentment. Perhaps as we learn to move more slowly, more contemplatively through the days we can rediscover ourselves, touch base with that

person buried under all the hurry.

There's a new warning out there, a new malady known as "hurry sickness". Isn't it interesting that they've defined all our rush and running, given it a name and even discovered several ways it can have a negative impact on our health. "Hurry sickness," according to the authors of the book "Type A Behavior and Your Heart," manifests itself in "excessive time urgency." The authors, R. H. Rosenman and Meyer Friedman are both cardiologists. They write about the dangers of being affected both mentally and physically by being chronically in a rush. Since the publication of their book many studies in this area of hurry and stress have added credence to their findings. Constant hurry causes stress and by now we are all surely aware that unremitting stress can undermine our health and our happiness. Stress weakens the functioning of our immune system. It can bring on cardiovascular disorders and tension headaches.

It's true that stress can also play an impor-

tant role, a good role in certain situations when we find ourselves in danger. However, daily stress is an unwelcome companion. Not only can "hurry sickness" bring on stress which can definitely cause harm, but constant rushing from one task to another can be dangerous in other ways. In his new book, Dr. Steven Casner writes about the dangers of hurrying and not paying attention. A bad fall can be merciless in ruining our lives. Not holding onto the handrail when rushing down the stairs or slipping in the shower because we are in a hurry can happen so quickly, especially if our attention is not in the moment but on the next task.

When our minds whirl like a cyclone pushing us ever forward to rush, hurry, get on with it, get it done ... that's the time to soothe the beast by forcing ourselves to remember we

have time. We have that precious commodity, that gift beyond price: time to use as we, and only we, decide to use it. It's not always easy to slow down. It seems like such a simple thing and yet it goes against our preconceived notion of achievement and duty. At some point we need to realize that, as we age, our duty to ourselves becomes paramount. Constant hurrying easily becomes a habit, hiding behind a mask of efficiency. It's time to pull off that mask, see and understand stress and the physical problems it can cause. Slowing down, savoring the moment, getting off that merry-go-round of rushing through the day can be difficult sometimes but worth the effort. When we reclaim our time, we reclaim our lives. In the words of the great Seneca, "Life is long if you know how to use it."

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

PUZZLE SOLUTION

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

Senior emergency assistance

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

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

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

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

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

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

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

The Connecting Link
235 High St., Morgantown
304-296-3300
The following locations are for Preston County residents only.
Wesley United Methodist Church
304-329-0707

St. Vincent DePaul Helpline
304-329-6229

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

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



Get a jump on allergy season

THE BEAUTIFUL OUTDOORS OF WEST VIRGINIA IS CALLING.
WILL YOU BE ABLE TO ENJOY IT TO THE FULLEST?

If you or someone in your family is bothered by allergies, hearing problems, or other ear, nose, or throat conditions, WVU Medicine specialists can help.

We offer comprehensive care for many conditions, including:

- /// Allergies from pollen or other sources
- /// Balance disorders and dizziness
- /// Hearing loss in children and adults
- /// Sinus issues
- /// Sleep apnea
- /// Voice and swallowing conditions.

LOCATIONS

**WVU Medicine Physician
Office Center**
1 Medical Center Drive
Morgantown, WV 26506

Suncrest Towne Centre
1065 Suncrest Towne Centre Drive
Morgantown, WV 26505

Fairmont ENT
1712 Locust Avenue
Fairmont, WV 26554

Uniontown ENT
10 Highland Park Drive
Uniontown, PA 15401

855-WVU-CARE | WVUMedicine.org/ENT