

# Senior Post

*Living well and gracefully through the golden years*

**Gather  
together**  
*with a board  
game from the  
Morgantown  
Public Library  
System*



**DECEMBER 2023**  
A MONTHLY MAGAZINE BY

THE DOMINION  
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**DECEMBER 2023**  
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*On the cover: Morgantown Public Library Tech Services manager Sarah Scharf holds a stack of games that the library provides. Submitted photo.*



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# Senior centers and facilities

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### 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



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# Don't wait until you're sick to create an estate plan



**BY DOREEN SEAMON**  
for The Dominion Post

In the wake of the pandemic, rising inflation, mass shooting tragedies and other events, more people recognize that they need to plan for the future. Yet while financial planning has been at the top of many Americans' minds, a vast majority of people have chosen to procrastinate creating their estate plan.

According to a 2023 study completed by Caring.com, a mere one in three people has an estate plan in place. Worse yet, over 40% of those without a will report that they wouldn't create one until they had encountered a serious health concern.

## Why Is It Important to Make an Estate Plan Sooner Rather Than Later?

It is dangerous to wait until you have a health issue before creating an estate plan. Without one, you could potentially lose control

over your money, property, health care, and, in some circumstances, the guardianship of your children. In addition, your loved ones may not receive the assets, property, or sentimentally valuable items you would have wanted to pass down to them after your death.

Depending on what health condition or acute injury may unexpectedly befall you, you may be unable to speak, understand others, or advocate for yourself. Part of the purpose of advance planning documents, such as a health care directive, is to maintain your bodily autonomy and express your wishes in advance of a time when you cannot.

Bottom line: The reason for creating an estate plan is to put protections in place not only for you, but also for your loved ones.

## Barriers to Advance Planning

Although 64% of people in the study say they believe estate planning is important, most have not made it a priority for the following reasons:

- 35% do not believe they have enough money or assets

- 14% inflation's negative effect on their assets made it less of a priority

- 15% felt too intimidated because they did not know enough about it

- 42% want to begin planning, but have not gotten around to it

## When Should You Create an Estate Plan?

Every American adult should have an estate plan, and it is virtually never too early to go about setting one up because once a child legally becomes an adult at 18 years old, they are entitled to make their own decisions regarding their medical care, finances, and education.

In the Caring.com survey, 69% of the study respondents said they believe that people should have an estate plan before they reach age 55. Yet the reality is that less than half of Americans 55 and older have at least one estate planning document.

## Many Americans Will Wait to Make an Estate Plan Until It's Too Late

Many Americans are at risk of waiting until

their health is compromised to seek estate planning advice or draft any documents. According to the study's findings:

- 41% would not create a will unless they received a medical diagnosis or had a health scare

- 21% would wait until retirement age

- 22% would not create an estate plan unless they bought a home

- 20% want to wait until they are married or have children

Although each of the above reasons may seem valid, it is important to be prepared before any of these life events occur. Otherwise, it may be too late to act.

Knowing where to start is intimidating, but help is available. Contact a qualified estate planning attorney to get the process started.

*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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## Gather together with a board game from the Morgantown Public Library System



Submitted photo  
Morgantown Public Library Tech Services  
Manager Sarah Scharf holds a stack of  
games that the library provides.

**BY EMILY SPARROW**  
for The Dominion Post

If the return of cold days has you yearning for cozy indoor activities, why not try hosting your own board game day? The Morgantown Public Library System's board game collection provides perfect opportunities for building community, exercising storytelling skills, creating new experiences with family and friends and trying out new games before investing in your own. We added our board game collection in 2021 and have been expanding it to continue enriching our community through open access to information, resources and experiences.

We have over 100 board games in our collection. While most are available at the Morgantown, Cheat Area and Clay-Battelle public libraries, you can request that games be delivered to your home branch in our system, which also includes the Arnettsville and Clinton District public libraries. You can check out one board game per library card for up to three weeks with no holds or renewals.

In order to search our board game offerings, you can visit our website, [mympls.org](http://mympls.org), click the "search" button in the top right corner, and type in "board games" in the "search collection" bar. Once you submit your search by

clicking the magnifying glass icon, you will see that our board game entries have call numbers that begin with GAME. Our collection includes a diverse range of games for patrons of all ages, as we seek to provide engaging experiences for everyone in our community.

Not only do we have more well-known games such as Apples to Apples, Battleship and Monopoly, but we also have games that expand on the books that inspired them such as Harry Potter Hogwarts Battle, Pete the Cat Groovy Buttons Game, and The Wimpy Kid 10-Second Challenge. Whether you are interested in a more lighthearted party game such as Heads Up!, a more involved city-building fantasy game like Everdell, or a strategy game like Catan, be sure to search our collection for something that piques your curiosity.

Adding to the list of materials you might not have known you can check out from your local public library, we also have puzzles and birdwatching backpacks in our circulating collection. The Cheat Area Public Library has just over 50 puzzles with the same borrowing rules as our board games, and all of our system locations have birding backpacks containing two sets of binoculars, guide books and area trail maps that can be checked out for three weeks. Our digital library services,

including Kanopy, our video streaming platform with movies, TV series and kids' media, and TumbleBooks, a database with talking, animated picture books, read-a-longs, and digital games and puzzles, will also help keep you and the children in your life entertained throughout the winter months.

If you need any assistance finding materials to liven up your get-togethers this holiday season, stop by our Morgantown Public Library System locations, visit our website at [mympls.org](http://mympls.org), call us at 304-291-7425, or email us at [ask@mympls.org](mailto:ask@mympls.org). Keep an eye out for our upcoming virtual Winter Reading Challenge, "Cozy Up with a Good Book" as well as in-person events at all of our locations. Our staff are ready to help you celebrate togetherness!



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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 groceries, household, or personal care necessities at the drop of a hat is usually impossible. Want 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](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

## 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 Tuesday through Friday. Clients will receive a hot meal on each of these days. A cold meal will be included on Fridays to be used for the following Monday. 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.

**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.

## UPCOMING EVENTS & SPEAKERS

**THURSDAY, NOV. 23 AND FRIDAY, NOV. 24 - CLOSED FOR THANKSGIVING CELEBRATION**

**TUESDAY, NOV. 28 at 10:30 a.m. - A DULCIMER CHRISTMAS**

Join us as we kick off the holiday season with a traditional Appalachian musical performance.

**WEDNESDAY, NOV. 29 at 10 a.m. - BINGO WITH HIGHMARK**

Tiffany from Highmark Blue Cross Blue Shield will lead a few games of bingo and will award prizes to the winners. Bring a friend to add to the fun.

**THURSDAY, NOV. 30 at 10:30 a.m. - ACTIVE SHOOTER TRAINING**

In this uncertain world, being prepared for possible situations is extremely important. The Mon County Sheriff's Department will teach us how to be proactive in the event that you find yourself in an active shooter situation. The information and techniques that you gain from this training may save your life and the lives of others.

**FRIDAY, DEC. 1 at 10 a.m. - BINGO WITH RENAISSANCE CARE**

Alex with Renaissance Care will lead a few games of bingo and will award prizes to the winners.

**TUESDAY, DEC. 5 at 10:30 a.m. - FIRE SAFETY FOR THE HOLIDAYS AND BEYOND**

Andy Dotson from the Morgantown Fire Department will lead a discussion on how to make your home and environment more fire safe. He will also touch on holiday season fire safety.

**FRIDAY, DEC. 8 at 10 a.m. - BINGO WITH VILLAGE CAREGIVING**

Join us for a fun session of bingo with Village Caregiving. Bring a friend to add to the fun.





# Senior Monongalians events and activities (continued)

## UPCOMING EVENTS & SPEAKERS (continued)

### TUESDAY, DEC. 12 at 10 a.m. - ON EAGLE'S WINGS HORSE THERAPY

Nancy from On Eagle's Wings will teach us how they use the natural power of connecting with horses can help people of all ages and abilities. They will bring a couple of miniature ponies for seniors to interact with. Please join us for this fun event. Please **do not** bring any treats or foods to give to the ponies. It interferes with their training.

### WEDNESDAY, DEC. 13 from 10:30 a.m. to 12:30 p.m. - CHRISTMAS LUNCHEON

Join in the spirit of the holidays as we host our annual Christmas Luncheon. This year's featured entertainment is the Motown Strutters. This precision tap dancing group will mesmerize you with their musical routines. Please let us know you're coming by calling 304-296-9812.

### FRIDAY, DEC. 15 from 9 a.m. to 1 p.m. - FOOTCARE CLINIC

Anita from Mountaineer Sole Care will be offering a footcare clinic in our library. Her service includes foot cleansing, massage, exam for corns and calluses, toe nail cutting and more. These 30 minute sessions are \$35. Make your appointment by calling Anita at 304-368-8924.

### FRIDAY, DEC. 22 - CLOSED FOR THE CHRISTMAS CELEBRATION

### MONDAY, DEC. 25 - CLOSED FOR THE CHRISTMAS CELEBRATION

## SANTAS FOR SENIORS

The holiday season is in full swing and people are looking for ways to give to others. We invite you to become a Santa for one or more of our Home Delivered Meals and Community Care clients. Each participating client has filled a list of wants and needs. These lists will be posted to our Facebook page for Santas to choose from. Simply adopt a senior or two, purchase items on their list, and then turn in those gift-wrapped gifts to Senior Monongalians. Our elves will deliver gifts throughout the Christmas season. The smiles brought to the faces of our clients from your amazing generosity lasts all year long.

For more information and to pick your adoption list(s) VISIT OUR FACEBOOK PAGE: SENIOR MONONGALIANS.

## MOUNTAINEER 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 chance 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.

## 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

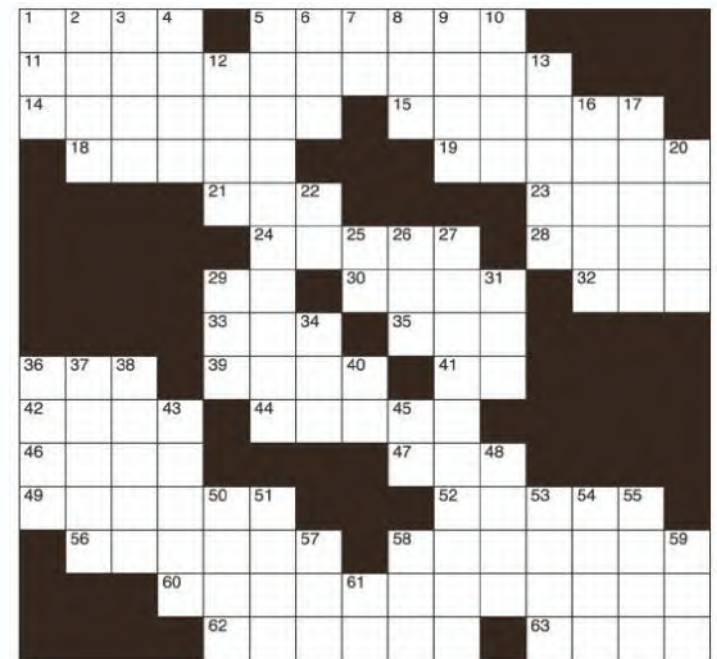
**EMAIL QUESTIONS TO:** [info@seniormons.org](mailto:info@seniormons.org)

**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. Old English letters                | 36. Japanese masked drama                |
| 5. Sculpture                          | 39. Gasteyer and de Armas are two        |
| 11. Showing up again                  | 41. Blood group                          |
| 14. Tie the knot again                | 42. Assist in wrongdoing                 |
| 15. Washington city                   | 44. Language spoken in Cameroon and Chad |
| 18. Stiff structures in invertebrates | 46. Grayish-white                        |
| 19. Mark over a vowel                 | 47. A woolen cap of Scottish origin      |
| 21. Explosive                         | 49. Microorganism                        |
| 23. Popular race: ___ 500             | 52. Place under prohibition              |
| 24. Pile up                           | 56. Calm, dependable                     |
| 28. Mint                              | 58. Congressman                          |
| 29. Commercial                        | 60. Force                                |
| 30. A minute amount (Scottish)        | 62. As a result of this document         |
| 32. Small Eurasian deer               | 63. One of two main branches of Islam    |
| 33. Baseball stat                     |  |
| 35. Numbers cruncher                  |  |

## CLUES DOWN

- |                                       |                                   |
|---------------------------------------|-----------------------------------|
| 1. Make a mistake                     | 27. Apart from                    |
| 2. Gordon and Snider are two          | 29. Satisfaction                  |
| 3. Geographical region of Finland     | 31. The bill in a restaurant      |
| 4. Ejected saliva                     | 34. Sea bream                     |
| 5. A way of performing                | 36. Port in southern Japan        |
| 6. Scotland's longest river           | 37. Double-reed instruments       |
| 7. One of the six noble gases (abbr.) | 38. Center                        |
| 8. Body art                           | 40. South Dakota                  |
| 9. Two-toed sloth                     | 43. An orderly crowd              |
| 10. Electronic counter-measures       | 45. Indicates position            |
| 12. Foolish person (Brit.)            | 48. ___-pedi                      |
| 13. Of the wind                       | 50. Nonsense (slang)              |
| 16. Grand home                        | 51. Republic of Ireland           |
| 17. Sound                             | 53. Nocturnal flyers              |
| 20. English river                     | 54. American state                |
| 22. Symbol indicating ownership       | 55. Clusters in fern fronds       |
| 25. Exclamation of surprise           | 57. Patriotic women               |
| 26. Pouch                             | 58. A person's brother or sister  |
|                                       | 59. Breed of sheep                |
|                                       | 61. Popular film "Despicable ___" |





**BY IRENE MARINELLI**  
for The Dominion Post

There have been times, now and then, when I wish I could share with my children and grandchildren things I have learned over so many decades of living. As my chil-

dren enter their mid-40s and 50s it becomes obvious life has taught them lessons that have led to wisdom and acceptance, perception and endurance. By that age they have become acquainted with both exhilaration and pain, success and failure. They are more prone to ask for advice and listen intently when it is given. They are all doing well but the scars from past skirmishes with life remain to remind us all there will always be more battles to come.

Grandchildren are another matter. I look at our own grandkids: Jasper, the oldest, a college sophomore, then Sadie at 16, Max at

15 and, finally the 11-year-old triplets, Anna, Juliet and Elise. There are no longer any babies in the family. They are all out there in the world, learning to navigate the rocks and rough places in the road they will travel on their long journey. I wonder, what we would pass on to our young grandchildren if they chose to listen?

One of the first things I would ask my own grandchildren to do is embrace their individuality, their uniqueness. There is no other person on the planet exactly like them, nor will there be. They are singular individuals and should always honor their individuality.

I would advise them to never wish their lives away with impossible wishes. Yes, use all the possibilities that come your way, but make sure they truly are possibilities, not impossible wishes. Reach as far and as high as you can, but don't regret not being able to attain the impossible. Enjoy what you have to the greatest extent. Enjoy your talents, your

gifts and be grateful for the journey you're on, and the many years ahead of you. Life lived on your own terms is the best life. Be a life-long learner, open to new skills and new ideas.

We've all heard that old expression of missed opportunities and disappointments: "Coulda, Woulda, Shoulda." Who hasn't made a muddle of their life now and then? Young or old, we're none of us perfect. Too much focus on mistakes and bad decisions solves nothing, advances nothing. Own your actions, your decisions, your mistakes. You can learn from your mistakes and your decisions, my dear children, without letting them take over your life.

It's so easy to get totally discouraged and downcast by simply listening to the daily television newscasts. But remember there is a force for good in the world. There is light in the darkness, even though, at times, it may seem small as a candle flame in a dark tunnel. Throughout our long history on this planet

there have been many times when that light shone brightly enough to chase away the darkness. Such times will come again. Each new day brings an opportunity to do better, be better, bring about changes to make life better.

Connect with the natural world always, no matter where you live. In doing so you connect with something larger, greater than yourself. There is much nature can teach you.

Oh, if we could only pass on what we've learned. But the truth is these children, these young people we love must learn by their own experience. We can talk with them. We can live out our own lives as good examples, but each one of them must tackle life and learn its lessons, just as we have had to do these many years.

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

## 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



# 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

# 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.

PUZZLE SOLUTION

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For more information, visit [CortlandAcres.org](https://CortlandAcres.org) or call **304-463-4181** to speak to our Admissions Clerk.





# PRIMARY CARE

**WVU MEDICINE'S NETWORK OF CLINICS  
CARES FOR PEOPLE OF ALL AGES.**



## **Morgantown**

6040 University Town Centre Dr.  
Morgantown, WV 26501

1 Medical Center Dr.  
Morgantown, WV 26506

608 Cheat Road  
Morgantown, WV 26508

250 Retail Circle  
Morgantown, WV 26508

2601 Cranberry Square  
Morgantown, WV 26508

390 Birch Street  
Morgantown, WV 26506

## **Fairmont**

100 Stoney Hill Road  
Fairmont, WV 26554

1377 Locust Avenue  
Fairmont, WV 26554

## **Reedsville**

14 Comfort Drive  
Reedsville, WV 26547

## **Pennsylvania**

451 Murtha Drive  
Waynesburg, PA 15370

109 Crossroads Road  
Scottsdale, PA 15683

3 Robinson Plaza  
Pittsburgh, PA 15205

## **Maryland**

250 Maple Street  
Friendsville, MD 21531

311 N. 4th Street  
Oakland, MD 21550

24441 Garrett Highway  
McHenry, MD 21541

922 National Highway,  
1st Floor  
LaVale, MD 21502



**Schedule an appointment ONLINE!**

**WVUMedicine.org/Schedule or  
call 855-WVU-CARE**