

Senior Post

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**What seniors
should know
about
prediabetes**

FEBRUARY 2024
A MONTHLY MAGAZINE BY

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Preston County Senior Citizens

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Rowlesburg Senior Center

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

Terra Alta Senior Center

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Tunnelton Senior Citizens

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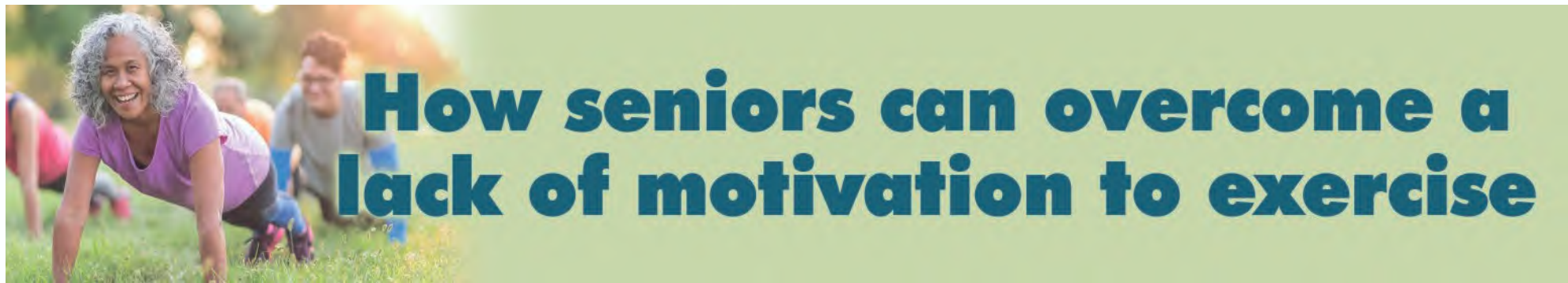
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The Village
at Heritage Point

Mon Vandalia Health



How seniors can overcome a lack of motivation to exercise

Metro Creative Connection

Exercise has its fair share of devotees and millions of others who recognize its value but still struggle to include workouts in their daily routines. Motivation can be a significant hurdle when it comes to exercise, and recent studies are a testament to that difficulty.

In a 2021 survey from the global fitness brand Orangetheory™ Fitness and Kelton Global, 43% of respondents indicated they suffered from a lack of motivation to exercise. Lack of motivation can affect people of all ages, including seniors. However, seniors may be uniquely positioned to overcome their lack of motivation to exercise, particularly if they're retired and have time on their hands. Seniors who aspire to exercise more frequently can consider these strategies if motivation becomes an issue.

■ **Exercise away from home.** During the early days of the COVID-19 pandemic, a phenomenon that has been characterized as "basement burnout" developed. That referred to the lack of enthusiasm to exercise at home when gyms and other fitness facilities were forced to close as a public safety measure. Home workouts can become monotonous since most people do not have enough room at home to house the same array of equipment that's available at their local gym. Seniors can overcome monotonous workouts by purchasing a gym membership at a local facility. Many clubs offer discounted rates to seniors and some even offer senior-specific fitness classes like yoga and Pilates.

■ **Employ the buddy system.** Seniors also can enlist friends and family members to join them when they exercise. Encourage neighbors or friends to come along to the gym for a favored fitness class, or invite

friends and family on hiking excursions or daily walks. The National Institute on Aging notes that turning exercise into a social activity is a great way for seniors to maintain their motivation to exercise.

■ **Track your progress and celebrate your successes.** The NIA touts the benefits of tracking progress when trying to stay motivated to exercise. As exercise efforts pay increasing dividends, seniors may find it's no longer hard to stay motivated. Success can be measured in various ways. Some might aspire to produce healthier blood test results at the doctor's office, while others may hope to lose a few pounds. However you define success, celebrate when you achieve your fitness goals. Rewards such as a spa day, a night out at the theater or a weekend getaway can provide all the motivation you need to stay the course.

■ **Be flexible with your routine.** Mobility issues and other physical limitations may affect seniors. But such issues need not prevent aging men and women from exercising, even if it does mean they won't be able to hit the gym four or five days per week. Mix up your routine so you can still exercise even if physical limitations make traditional workout routines more challenging. Go for nature walks on days when your body needs a break from strength-training, and check the forecast at the start of each week so you can rearrange your routine if Mother Nature makes outdoor exercise impossible on certain days.

Many people find it hard to stay motivated to exercise. Seniors can try a few strategies to ensure they stay the course with their fitness routines.

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What seniors should know about prediabetes

Metro Creative Connection

Most seniors recognize that routine visits to their physicians are an important component of preventive health care. Annual physicals are important for everyone, but they're especially important for individuals 65 and older who may be more vulnerable to disease and various other health conditions than younger adults.

The National Institute on Aging reports that millions of individuals 65 and older have visited their physicians and learned they have a condition known as prediabetes. For some, the day they receive a prediabetes diagnosis also marks the first time they've heard of the condition. Since so many seniors are affected by prediabetes, it can behoove anyone to learn more about it.

What is prediabetes?

The Centers for Disease Control and Pre-

vention notes that prediabetes is a serious health condition characterized by higher than normal blood sugar levels. When a person has prediabetes, his or her blood sugar levels are not yet high enough to indicate type 2 diabetes, but that could change if prediabetes patients do not make changes to prevent such a progression.

How common is prediabetes?

A 2023 study published in the journal Diabetes Care indicates that 464 million individuals across the globe had impaired glucose tolerance (IGT) and 298 million had impaired fasting glucose (IFG) in 2021. Each of those conditions are hallmarks of prediabetes, cases of which the study indicates are expected to rise significantly by 2045.

What causes prediabetes?

The CDC notes that when a person has prediabetes, the cells in his or her body do not respond normally to insulin, which is a hor-

mone produced by the pancreas that enables blood sugar to enter cells, which then use it for energy. The pancreas then makes more insulin to get cells to respond, but eventually the pancreas cannot keep up, resulting in a rise in blood sugar.

Does prediabetes produce symptoms?

Many people have prediabetes for years and do not know it. In fact, the CDC reports that more than 80 percent of the 98 million American adults who have prediabetes are unaware that they do.

How can I determine if I have prediabetes?

The sheer volume of people who have prediabetes but are unaware that they do begs the question of what individuals can do to learn if they have the condition before they develop type 2 diabetes. Recognition of the risk factors for prediabetes is a good start. The

CDC urges anyone who has any of the following risk factors to speak with their doctor about having their blood sugar tested:

- Being overweight
- Being 45 or older
- Having a parent or sibling with type 2 diabetes
- Being physically active less than three times per week
- A history of diabetes during pregnancy (gestational diabetes) or giving birth to a baby who weighed more than nine pounds
- Having polycystic ovary syndrome
- Being African American, Hispanic/Latino American, American Indian, or Pacific Islander. Some Asian Americans also are at greater risk for prediabetes.

Prediabetes can be a precursor to type 2 diabetes, which only highlights how important it is that older adults recognize their risk for the condition.

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How empty nesters can repurpose bedrooms in their homes

Metro Creative Connection

It can be bittersweet when adult children decide the time has come to move out of the family home. Parents perhaps get their first trial run of this scenario when their children go off to college or enlist in the military. Rooms are left empty, if only for a certain period of time. Eventually, those rooms will remain empty as adult children move out of the house for good.

Converting a child's bedroom into an area for adults may take some planning. It can be exciting to regain space, but at the same time, it can be disheartening to convert a child's bedroom once and for all. When the time comes and homeowners are emotionally

ready to tackle bedroom conversions, these tips can help the process go smoothly.

- **Repurpose the space for them.** Give a childhood bedroom an adult spin without changing too much. If furniture is in good shape, replace the bedding, change the flooring, swap out artwork, and remove "youthful" items like toys, trophies and other collectibles. When the child comes home to visit, he or she will still feel comfortable in the space.
- **Create extra storage.** The bedroom can be transformed into a walk-in closet or dressing space. According to the design experts at Houzz, many clients request this type of dressing room situation. There's a bonus if the

layout allows the space to connect to the owner's suite or bathroom. This is a major overhaul, so homeowners should enlist a professional contractor.

- **Make a fitness center.** A bedroom can be turned into a home gym to make working out more convenient. Homeowners should take inventory of equipment they may have and then figure out where existing and new equipment will go. They may need to consult a structural engineer to ensure that the flooring can bear the weight of additional equipment.
- **Create a work space.** One of the best ways to transform adult children's bedrooms is to convert the spaces into home offices. Those

who have been setting up "desks" at dining room tables or elsewhere may be excited about the prospects of finally having a private, dedicated space to work from home.

- **Turn it into a craft room.** The bedroom can be converted into a space to explore hobbies and various other interests. A dedicated craft space, a reading nook, a place to store photography equipment, or another function can serve as a useful way to repurpose an empty bedroom.

Empty nesters have many possibilities when it comes to converting their children's old bedrooms into adult spaces.

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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

Senior Monongalians events and activities

****NEW** TRANSPORTATION PROGRAM**

Senior Monongalians is proud to announce the addition of a new transportation program. This program focuses on older adults who don't have access to transportation or live off of a Mountain Line bus route. Seniors will be picked up at their home and brought to our senior center. Once they arrive, they can participate in a range of activities, socialize with others, have a delicious lunch, and much more. Then they will receive a ride back to their home.

Our current vehicle can transport three seniors. Additional routes will be added as the program grows. Riders must be or become registered clients of Senior Monongalians. Seniors must reserve their ride the day before they want to come in. This call must be received by 3:30 p.m. For more information regarding the eligibility of this program or to schedule a ride, call 304-296-9812.

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, 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. 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.

FOOT CARE CLINIC - 3rd Friday of every month from 9:00 a.m. to 1:00 p.m.

Anita from Mountaineer Sole Care offers a monthly foot care clinic. During the 30 minute sessions, she will clean your feet, cut your toe nails, check for corns and calluses, and give your feet a massage. This service is \$35. Make your appointments by calling 304-368-8924.

UPCOMING EVENTS & SPEAKERS

TUESDAY, JAN. 30 at 10:30 a.m. - TAI CHI PRESENTATION AND DEMONSTRATION - Ryan from the WVU School of Public Health will discuss the benefits of adding Tai Chi into your fitness routine. Tai Chi is an ancient form of exercise that helps maintain and improve flexibility, range of motion, balance, and overall well being. He will describe a new 16 week Tai Chi program that will be held at Senior Monongalians and then will demonstrate some of the Tai Chi movements. This is a class sponsored by the Arthritis Foundation.



Senior Monongalians events and activities (continued)

UPCOMING EVENTS & SPEAKERS (continued)

FRIDAY, FEB. 2 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. Bring a friend to add to the fun.

FRIDAY, FEB. 9 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.

WEDNESDAY, FEB. 14 - VALENTINE'S DAY CELEBRATION - We invite you to join us for our annual Valentine's Day Celebration. Stay tuned to our Facebook page for further details.

FRIDAY, FEB. 16 from 9 a.m. to 1 p.m. - FOOTCARE CLINIC - Anita from Mountaineer Sole Care will offer footcare services. Services include: cleansing your feet, cutting the toe nails, a foot massage, evaluation and care of corns and calluses. Appointments are 30 minutes long. The fee is \$35. Make your appointment by calling Anita at 304-368-8924.

FRIDAY, FEB. 16 at 10 a.m. - BINGO WITH MORGANTOWN HEALTHCARE CENTER - Melody from Morgantown Healthcare Center will lead a few games of bingo and award prizes to the winners. Bring a friend to add to the fun.

STARTING IN FEBRUARY: BINGOCISE

This fun new twist to bingo will get you moving. It combines the fun of bingo with simple exercises to enhance your overall well-being. Plus you have the chance to win bingo prizes. This activity will be held on Mondays and Wednesdays from 10 a.m. to 11 a.m. Keep watching our Facebook page for more information.

FREE TAX ASSISTANCE

Each year, AARP provides trained and certified volunteer tax preparers to assist older adults fill out their tax returns and senior tax credit forms. The filings are done electronically. Appointments are required. Make your appointment beginning February 1st by calling 701-645-3109.

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

FACEBOOK: Senior Monongalians

PHONE: 304-296-9812

LOCATION: Mountaineer Mall

MAILING ADDRESS: P.O. Box 653, Morgantown, WV 26507

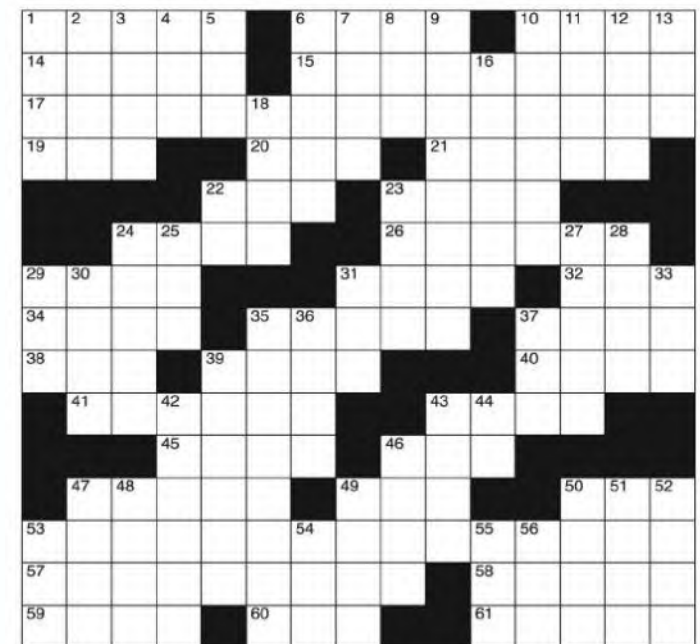
EMAIL QUESTIONS TO: info@seniormons.org

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. Become less intense
6. Variety of pear
10. Religion native to China
14. Type of tooth
15. Fitted out
17. Make every effort
19. Autonomic nervous system
20. Complete
21. Alternate name
22. River in France and Belgium
23. Miami's mascot is one
24. Turfs
26. Most cognizant of reality
29. Broad volcanic crater
31. Canadian surname
32. Satisfaction
34. Traitorous Greek mythological prince
35. Collide
37. Immune response
38. Feline
39. High opinion of one's own appearance
40. Thin strip to align parts
41. Containers
43. Convicted American spy
45. Breathe noisily
46. Taxi
47. Pancakes made from buckwheat flour
49. Swiss river
50. I.M. __, architect
53. Have surgery
57. Formal withdrawal
58. Dutch and German surname
59. Square measures
60. 2,000 lbs.
61. Degrade someone

CLUES DOWN

1. Siberian river
2. Blessing
3. Substitutes (abbr.)
4. Principle underlying the universe
5. Work unit
6. Yellow edible fruits
7. Gemstone
8. A place ships dock (abbr.)
9. Evergreen tropical tree
10. Reality TV star Richards
11. Nonflowering aquatic plant
12. Stakes
13. Antidiuretic hormone
16. Make warm again
18. Light beams
22. Lethal dose
23. Terrorist group
24. Kids love him
25. Naturally occurring solid
27. German surname meaning "man from Saxony"
28. Popular cuisine
29. Partner to cheese
30. Type of horse
31. __ Diego
33. Defensive nuclear weapon
35. Most shrewd
36. It may be for shopping
37. Midway between south and southeast
39. A stock of foods
42. The bindings of books
43. Swiss river
44. Megabyte
46. Sammy __, songwriter
47. Dutch colonist
48. Clare Booth __, American writer
49. Sun or solar disk
50. Popular type of bread
51. Transfers of money (abbr.)
52. Association of engineering professionals
53. Young women's association
54. City
55. Niger-Congo branch of languages
56. Pointed end of a pen





We can become controlled by our need to control



BY IRENE MARINELLI
for The Dominion Post

I once heard someone say, "If you can't fix it, just step over it." A small bit of insight that some of us, including myself, find difficult to accept and put into practice at times.

Why do we hold onto things we can't fix, problems and situations over which we have no control? It sometimes seems the world is mired in quicksand and there's very little we can do to help it find firm ground. We have only minimal control over the way our own country's government handles its problems. Certainly there's even less possibility for us to make significant changes in the wide world. Yet we fuss and fret and get tangled in a web of discouragement.

In our daily life "control" can be a dangerous word. Taken to extremes it can dam-

age relationships, play havoc with our health and kill our peace of mind. Naturally, we all want to be in control of our lives as much as possible. Unless we live a hermit's life in a cave, there will be times when life gets out of our control a little ... or a lot. I often think of the people of Ukraine and Gaza suddenly finding themselves in a war zone. They've lost control of their lives to a frightening degree.

Certainly, we have more control of our daily lives than the unfortunate people who must deal with losing their homes and their towns, their families. Even in a country not at war, the truth is none of us skate through life on smooth ice. There will be plenty of rough, broken ice to cross, even dangerous holes in the icy surface to circumnavigate. Somewhere beyond the menacing ice there is peace and a safe haven. Life being what it is, the comfort and peace we find will eventually give way to the problems of skating over broken ice again.

Concentrating on controlling all aspects of our lives can leave us frustrated and exhausted. Unfortunately perfectionism walks hand-in-hand with our need for control. After all, if perfectionism is the goal, complete control is the only way to reach that goal, which, in reality, is unattainable. When we try to control every outcome of every situation, we are setting ourselves up for disappointment and worse. In trying to control the myriad situations life hands us, we often end up also trying to control the people with whom we live or with whom we have daily contact. This is a recipe for broken relationships. Uncertainty is with us always. Anything can happen at any time. Our only reasonable alternative is to step back from attempting complete control, use the lessons gained from life's foibles to garner some wisdom and perspective. The one real control we have is the ability to make choices and the choices we make build the life we are living.

Clinical psychologist, Dr. Carla M. Manly tells us, "Sadly, a toxic cycle occurs when we believe we can, and should, be able to control all of the constantly moving targets that life presents." Dr. Manly goes on to explain how this cycle can lead to great stress, anxiety and detriment to our health.

A 16th century Persian poet by the name of Rumi writes beautifully about this journey we call life: "Dance like nobody's watching; love like you've never been hurt; sing without care who is listening and live like it's heaven on earth."

If only we could follow this poet's advice and simply live! Life is so fleeting, so short a duration for all the things we want to do and see and be.

Irene Marinelli writes a regular column for Senior Post. Contact her at 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



Tips for seniors to safeguard their mental health

Metro Creative Connection

The wide-ranging impact and reach of mental health issues garnered considerable attention during the COVID-19 pandemic, when the virus as well as mandates designed to reduce its spread led to increased feelings of anxiety and isolation. Since then, life has returned to normal for billions of people across the globe, but many people, including seniors, continue to experience mental health issues.

The Pan American Health Organization reports that at least one in four older adults experiences a mental disorder such as depression, anxiety or dementia. And those figures will likely only grow, as population estimates indicate seniors will make up a greater percentage of the global population in the years to come. Seniors dealing with mental health issues may feel helpless, but there's much they can do to safeguard their

mental health.

■ **Socialize regularly.** A 2019 study published in The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences found that older adults who socialized with people beyond their circle of family and close friends were more likely to have greater positive moods and fewer negative feelings. Unfortunately, a significant percentage of older adults report feeling isolated from others. According to the University of Michigan National Poll on Healthy Aging that was conducted in January 2023, one in three older adults reported infrequent contact (once a week or less) with people from outside their home.

■ **Speak with a mental health professional.** Among the more troubling aspects of the mental health crisis affecting seniors is that the PAHO reports two-thirds of older adults

with mental health problems do not get the treatment they need. Speaking with a mental health professional can help older adults in myriad ways. Such professionals can identify the issue that is prompting seniors to seek help and offer suggestions that can improve overall health and quality of life. Roundstone Insurance notes that reliance on digital behavioral health tools, including telehealth, was turned to both during the pandemic and ever since, and seniors can utilize such services if they have limited mobility and/or no one to help them make it to in-person appointments.

■ **Volunteer.** Many older adults are retired, and while ample free time may have seemed like the ultimate reward after a lifetime of working, many retirees experience a void

once their life no longer has the structure that work can provide. According to the independent nonprofit HelpGuide.org, retirement depression can compel retirees to feel as though they miss the sense of identity, meaning and purpose that came with their jobs, which can make some feel depressed, aimless and isolated. Volunteering can help fill the void created by retirement, and the positive mental health effects of volunteering are well-documented. According to the Mayo Clinic, studies have shown volunteering increases positive, relaxed feelings and gives volunteers a sense of meaning and appreciation.

No one is immune to mental health issues, including seniors. But older adults can take various steps to address their mental health and improve their overall health as a result.

PUZZLE SOLUTION

A	B	A	T	E		B	O	S	C		D	A	B	A			
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G	O	T	O	G	R	E	A	T	L	E	N	G	T	H			
A	N	S				A	L	L			A	L	I	A	S		
					L	Y	S			I	B	I	S				
			S	O	D	S				S	A	N	E	S	T		
M	A	A	R					S	I	S	E			A	H	A	
A	R	N	E			C	L	A	S	H			S	C	A	B	
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		B	A	S	I	N	S				A	M	E	S			
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A	R	E	S			T	O	N			A	B	A	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

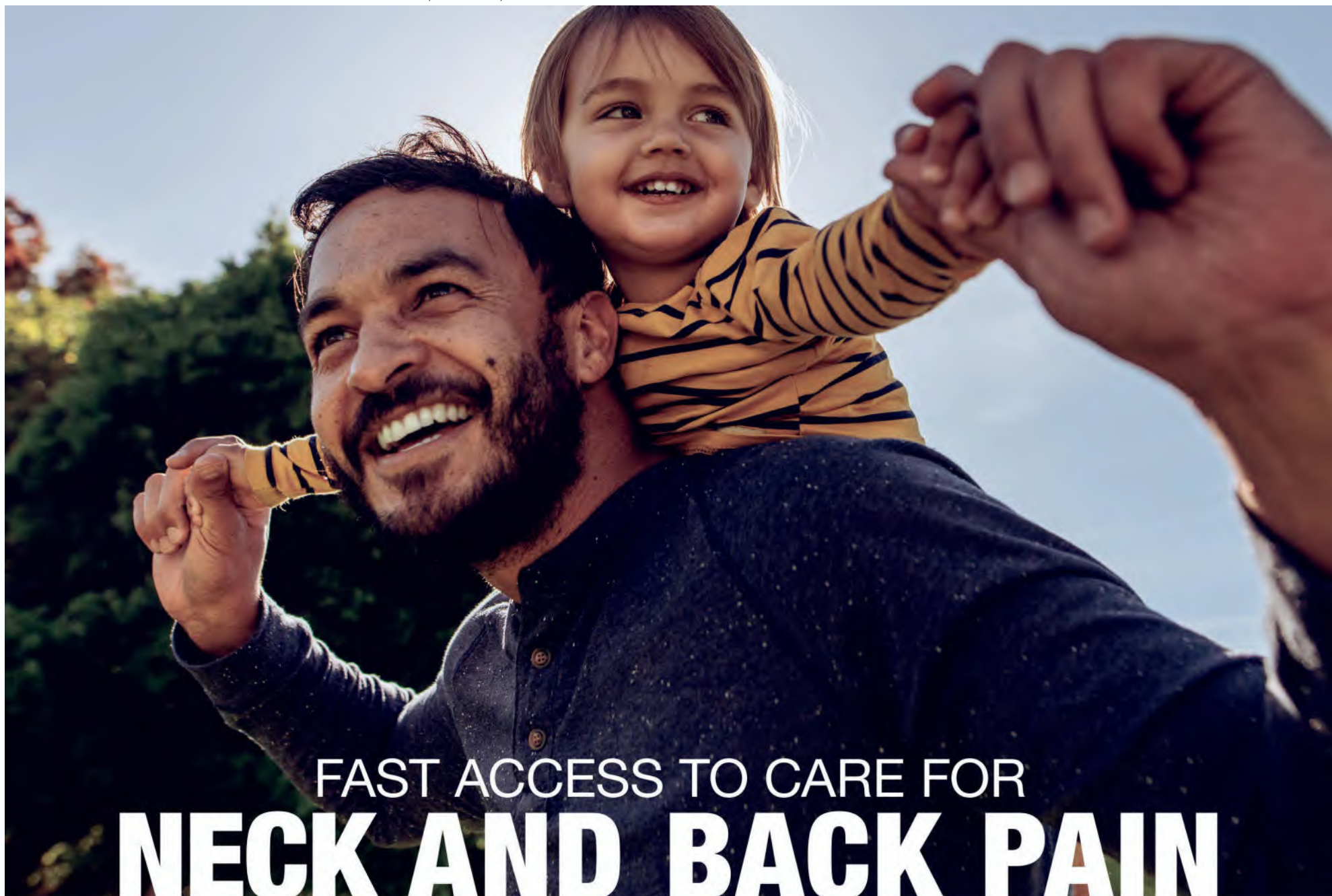
Catholic Community Charities
Preston County
304-329-3644
The Raymond Wolfe Center is the only food pantry in Preston County that has specialized diet foods (diabetic, salt free, etc.). It also has some pet food available. Call to check availability.

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



FAST ACCESS TO CARE FOR **NECK AND BACK PAIN**

DON'T ALLOW NECK OR BACK PAIN TO CONTROL YOUR DAILY LIFE.

Chiropractors at the WVU Medicine Center for Integrative Pain Management combine joint manipulation, soft tissue techniques, and therapeutic exercises to improve function and decrease pain. Helping our patients take back control of their daily lives quickly is our number one priority.

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