

Senior Post

Living well and gracefully through the golden years



Making Friends in your Golden Years

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Post

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Did you know?

A recent report from the senior care experts at Seniorly indicated that millions of retirees are in jeopardy of outliving their retirement savings.

The Seniorly report tabulated projected retirement income and expenses starting at age 65, and found that the average

American retiree can expect roughly \$762,000 in income generated from government-sponsored plans like Social Security, savings and investments. But the expected living expenses of such individuals was determined to be \$877,000, meaning the average retiree may have a shortfall of \$115,000.

Retirement savings shortfalls also are a cause for concern as 59% of residents indicated they fear they will outlive their savings in a 2025 Investments Retirement Survey.

Projections like those from Seniorly and the fears expressed by residents concerned by a potential shortfall of retirement savings underscore the need to prioritize saving for life after working, which can have short-term benefits as well.



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‘Strong at every age’

Breath of Fresh Air offers unique fitness experience in Morgantown

BY MICHAEL GRIFFITH
MGriffith@DominionPost.com

MORGANTOWN — Breath of Fresh Air Fitness Club officially marked its arrival in Morgantown on Jan. 14 with a ribbon-cutting ceremony at its Don Knotts Boulevard location.

Partnership representative Erik Carlson praised the business for offering a welcoming alternative to traditional gym environments.

“This sounds like the gym I need to be going to,” Carlson said. “If you don’t want to be in a place where people are filming themselves doing their

workouts and putting it on Instagram and Facebook, this is the place for you. Science shows you can be strong at every age.”

Hosted by the Morgantown Area Partnership, the event welcomed local officials and community members to the gym at 285 Don Knotts Blvd. While the facility has been operating since November, January’s ceremony served as its formal grand opening.

Co-owner Dr. Laura Davisson said the locally owned facility was created to provide safe, evidence-based fitness options, particularly for adults in mid-life and beyond.



Michael Griffith/The Dominion Post

Erik Carlson, a representative of the Morgantown Area Partnership, speaks prior to the ribbon cutting at BFA Fitness on Don Knotts Boulevard on Jan. 14.

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“Any adult of any age is really welcome,” Davisson said. “We want people to have a place where they can feel safe working out. All of our trainers are highly credentialed, and everyone is welcome to get a full fitness assessment before they start.”

Davisson said the club emphasizes science-backed programming in an area where fitness misinformation is common. Members can participate in supervised open gym sessions, group workouts, or individualized training led by staff trained in exercise science.

The facility features traditional cardio and strength equipment, non-traditional train-

ing tools, and access to nearby outdoor space, including the riverfront rail trail. Carlson also highlighted its proximity to downtown Morgantown and major roadways.

Following the remarks, Carlson presented Davisson with a certificate of recognition from the Morgantown Area Partnership before the ceremonial ribbon cutting.

Though open for only a few months, Davisson said early member feedback has already helped shape the club’s offerings.

“We are locally owned, and we are really looking forward to serving the greater Morgantown community,” she said.



The Breath of Fresh Air Fitness sign hangs above the front door.

Michael Griffith/The Dominion Post

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Susan D. Brown,
Owner

Did you know?

Though experts may insist that it's never too late to change jobs, data indicates it's increasingly less likely after reaching age 55.

According to an analysis from USAFacts, workers between the ages of 25 and 34 hold positions for a median tenure ranging from 2.7 years to 3.2 years.

Among professionals between the ages of 55 and 64, the median tenure increases to 9.6 years.

Seniority at a current employer and compensation levels reflecting decades of experience may make workers 55 and older less willing to take a new job.

Despite that analysis, the AARP noted in a 2023 report that older workers who have changed jobs, which the organization defines as professionals 45 and older, reported positive outcomes after making the switch.

Indeed, 50% of such workers said switching jobs had a positive impact on their mental health and 48% indicated they earned more as a result of switching employers.



Start the new year clog-free!



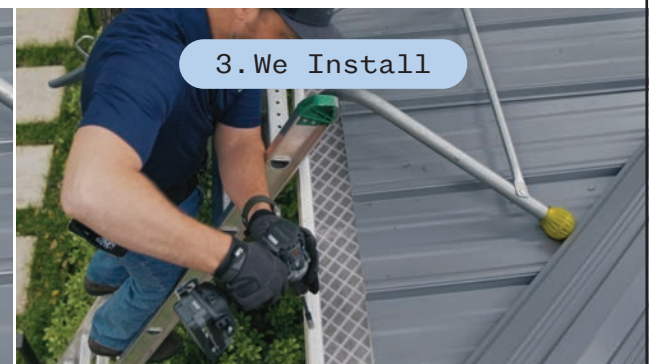
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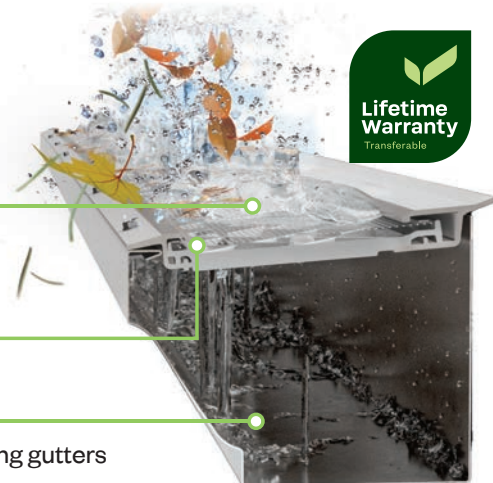


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PCSC seeks volunteer tai chi instructors

BY JENIFFER GRAHAM

For the Dominion Post

The Preston County Senior Center is looking for volunteers to instruct Tai Chi for Arthritis across the eight different Preston County Senior Center clubs and sites, according to Tina Turner, PCSC director.

Turner said PCSC will cover the cost of instruction and materials. Instruction will occur July 30-31 in Harrison County. Breakfast and lunch will be provided.

The program is in collaboration with the Tai Chi for Health Institute and the Harrison County Senior Center and is being offered by the WVU Office of Health Services Research.

According to the program flier, arthritis affects 40.1% of West Virginians, impacting over 700,000 residents. Additionally, falls cost \$80 billion yearly, primarily affecting those 65 and older. The causes of falls in el-

derly include muscle weakness, poor balance and vision, lack of confidence at moving about and the effect of medication.

Tai Chi for arthritis and falls prevention help to improve muscle strength, flexibility, balance and stamina, help manage arthritis and prevent falls.

For more information about volunteering for the program, call 304-329-0464 or 304-329-0837.

Also, Turner said, Preston County Senior Citizens (doing business as Buckwheat Express) wants to remind Preston County residents that eight different shopping trips occur each month on Wednesdays. These trips are open to all ages, and the cost is \$2. The bus will leave from a local senior center around 8 a.m. and return to the same site around 4 p.m. Most trips are to Bridgeport or Morgantown. Please call 304-329-0464 or 304-329-0837 for more information.

SENIOR MONONGALIANS

FEBRUARY'S UPCOMING EVENTS and SCHEDULES

● **Thursday, Feb. 5** at 10:30 a.m.
Saxophone Serenade

Start your February off with a lively performance by local musician Gary Schlobaum. He will get your toes tapping with a variety of music from gospel to the sounds of the big band era. Be sure to bring your dancing shoes.

● **Friday, Feb. 6** at 10 a.m.
Bingo with Renaissance Care

Keri from Renaissance Care will lead a few games of bingo and award prizes to the winners. Come out of the cold and into the warmth and fun of this event. Be sure to stick around to play our 50/50 Cash Cover All game. It is \$2 to play this game and you could walk away with some extra spending cash.

● **Tuesday, Feb. 10** at 10:30 a.m.
Visit by Kids from the Amplify Children's Academy

Preschool students will bring

a heart full of joy as they visit our senior center. Not only will they be singing a couple of songs but they will have an activity to do with seniors. To top off the morning, the kids will have a snack/lunch with us.

● **Thursday, Feb. 12** from 10:30 a.m. to 12:30 p.m.

Valentine's Day Party

We will be bringing the love and friendship to the fore with a Valentine's Day Party. Be sure to let us know that you will be there by calling 304-296-9812.

● **Friday, Feb. 13** at 10 a.m.

Bingo with Peak Health
Chelsea from Peak Health will host a few games of bingo and will award prizes to the winners. Bring a friend or two to join in the fun. Be sure to stick around and play our 50/50 Cash Cover All game. You could walk away with a little extra spending cash.

● **Monday, Feb. 16**
CLOSED for President's Day

● **Friday, Feb. 20** at 10 a.m.
Bingo with Morgantown Health Care Center

Melody with the Morgantown Health Care Center will lead a few games of bingo and award prizes to the winners. Gather up a few friends and bring them along for a morning of winter fun. Be sure to stick around for our 50/50 Cash Cover All game. *It is \$2 to play.

● **Friday, Feb. 20** from 11:30 a.m. to 12:30 p.m.

WV Attorney General's Mobile Office

Brooke, local field representative from the Attorney General's Office will be available to answer any questions you have about the AG's Office, report a scam or issue that you have been dealing with.

● **Friday, Feb. 27** at 10 a.m.

Bingo with Care Partners

Goble with Care Partners will keep this season of fun moving by hosting a few games of bingo and awarding prizes to the winners.

SENIOR CENTERS AND FACILITIES

Monongalia County

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, Westover

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

Do Medicare benefits cover skilled nursing care?

BY **DOREEN SEAMON**

For The Dominion Post



Choosing the right kind of post-hospital care under Medicare's rules is very im-

portant to avoid unexpected expenses when a person needs care in a skilled nursing facility (SNF). SNFs provide short-term, medically necessary care in a licensed facility following a hospital stay. The care must be provided by, or under the supervision of, licensed medical professionals such as registered nurses (RNs) or physical therapists.

Many people assume Medicare will cover a stay in a skilled nursing facility indefinitely, but coverage is limited and

tied strictly to skilled medical needs. Common reasons someone might need SNF care include:

- Recovery after surgery
- Rehabilitation following a stroke or serious illness
- Wound care or IV therapy
- Physical, occupational, or speech therapy
- Monitoring and treatment of complex medical conditions

SNF care is designed to help individuals recover and regain function so they can safely return home or to a lower level of care.

Medicare Part A (hospital insurance) covers skilled nursing facility care only if specific conditions are met. Medicare Part A may help pay for SNF care on a limited, short-term basis if each of the following requirements are met:

- A qualifying inpatient hospital stay. The person must

have been admitted to a hospital as an inpatient for at least three consecutive days, not counting the day of discharge. Time spent in the hospital under "observation status" does not count toward this requirement.

• Admission to the SNF shortly after hospital discharge. The SNF stay usually must begin within 30 days of leaving the hospital.

• A medical need for skilled care. The care must be medically necessary and require skilled services, such as daily nursing care or rehabilitation therapy that can only be provided by trained professionals.

• A Medicare-certified skilled nursing facility. The facility must be certified by Medicare.

When Medicare covers SNF care, it generally includes:

- A semi-private room
- Meals

• Skilled nursing services

• Physical, occupational, and speech therapy

• Medical supplies and equipment used during care

• Qualifying medications related to the SNF stay

• Ambulance transportation to the nearest provider of necessary services if other modes of transportation pose a health risk

In some situations, Medicare will not cover skilled nursing facility care, for example:

• Long-term or custodial care, such as help with bathing, dressing, or eating when no skilled medical care is required

• SNF stays that do not follow a qualifying three-day inpatient hospital admission

• Care in facilities that are not Medicare-certified

• Continued SNF care once the patient no longer needs

skilled services

Medicare-covered SNF care is limited to up to 100 days per benefit period, and costs depend on how long a person stays.

• Days 1 to 20: Medicare Part A pays the full approved cost.

• Days 21 to 100: Part A covers part of the cost. The patient pays a coinsurance, which will be \$217 per day in 2026.

• After day 100: The patient pays all the costs of their SNF care.

Medigap (Medicare Supplement) plans may cover some or all the daily coinsurance for days 21 to 100, depending on the plan.

Before a hospital discharge, patients and caregivers should ask:

- Was the hospital stay at least three consecutive days and classified as inpatient rather than observation?

• Does the recommended skilled nursing facility provide Medicare-certified SNF care?

• What services will be considered "skilled," and for how long?

• What happens when Medicare coverage ends?

Free, unbiased assistance is available through Medicare.gov, State Health Insurance Assistance Programs (SHIPs), Medicare Rights' helpline, and other consumer advocacy organizations

Doreen Seamon is an estate and elder law attorney serving both WV and PA. She has dedicated her practice to helping our community plan for their future while protecting their loved ones and their assets. She can be reached at Doreen@SeamonLawOffices.com.

SENIOR CENTER ACTIVITIES

Westside Senior Center

The volunteer-operated center is open from 9 a.m. to noon Monday through Friday at 500 Dupont Road in Westover. Our exercise room is available when the center is open.

BINGO: Bingo every Wednesday at 6 p.m. Doors open at 4 p.m. and kitchen open at 5 p.m. No reserved tables. Cards are \$5 each (e.g. - 4 cards are \$20 and 6 cards are \$30). Concessions.

CARDS AND GAMES: Tuesday and Thursday mornings are especially active for our card plays and anyone is invited to join in. Playing usually starts around 9:30.

DULCIMERS: They get together on Tuesday mornings to play and practice. They welcome anyone who would like to learn also. Judy Werner leads this group, and it is enjoyable to just sit and listen.

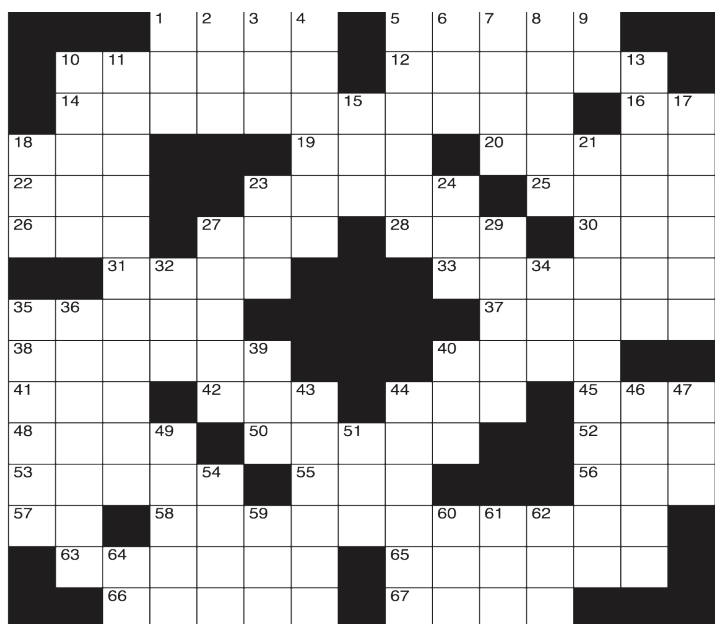
LINE DANCING: We now have line dancing classes on Wednesday morning at 10:15 a.m. The classes are designed for beginners, but all are welcome.

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, Morgantown



CLUES ACROSS

1. Native American group of N. California
5. Geological times (Brit. sp.)
10. Tool to remove
12. Rods
14. One who renews
16. They precede C
18. Chatter incessantly
19. ___ King Cole, musician
20. Insect parts
22. One from Utah
23. The world of the dead
25. Singer Redding
26. NBA legend Nelson
27. Indicates wrongly
28. Unhappy
30. Anger
31. Dark brown
33. Some are in kitchens
35. Made a mistake
37. Damp
38. Type of fuel
40. Actor Damon
41. What thespians do
42. One's mother
44. Disallow
45. Swiss river
48. A banana has one
50. Philippines lake and volcano are two
52. Relative biological effectiveness (abbr.)
53. Agave
55. Journalist Tarbell
56. One-time tech giant
57. Indicates upon
58. Intestinal bacteria
63. Loose sheaths around the spinal cord
65. It goes with nook
66. A fashion
67. Very eager to hear or see

CLUES DOWN

1. Witch
2. Utilize
3. Writing utensil
4. Where rockers go to work
5. Subsidies
6. Consume
7. Greek mythological figures
8. California mountain town
9. Tin
10. Muse of lyric and love poetry
11. Animates anew
13. Humorous criticisms
15. Cool!
17. Worst
18. Wet dirt
21. Designed to be useful
23. Hebrew unit of liquid capacity
24. High schoolers' test
27. Computer device
29. Indian territory ___ and Diu
32. A place to sleep
34. AI tool
35. Pass or go by
36. Indicates a purchase
39. A digital tape recording of sound
40. More (Spanish)
43. Disfigured
44. White (Spanish)
46. Church building
47. Georgia rockers
49. Type of surgery
51. Much ___ about nothing
54. Make by braiding
59. Local area network
60. Unit of work or energy
61. Member of indigenous people of Thailand
62. Liquefied natural gas
64. Distance to top

Solution on page 11

MAKING FRIENDS



ON THE COVER: Aging and change go hand in hand. Physical changes associated with aging, such as graying hair or reduced muscle mass, may garner the most attention. But personal relationships also can change as people age. (MetroCreative photo)

MetroCreative

As a person ages, interests could change and home base may not be what it once was. People move after retirement, and friends you might once have seen with frequency may no longer be as close by. Children are older, and the friends you made from these early parenthood relationships may change as well.

It is important to have a solid group of friends. Psychology Today reports that a strong social network reduces the risk of early death by around 45 percent. Recent data even indicates that loneliness is as great a health risk as smoking half a pack of cigarettes per day. Starting fresh and making friends at 50 or older might seem challenging. Although making new friends after 50 may take more effort than it did when you were younger, it is certainly not impossible. Here are some tips for making friends after 50.

- Join a networking group. Networking isn't just for advancing your career. Networking groups that focus on friendships can help individuals meet one another. Perhaps there is a neighborhood group in

which people from a particular housing development or several streets in town get together? Shared interests can include the place where you live.

Organize a get-together. Sometimes making friends involves effort on your part. You might need to step out of your comfort zone and initiate first contact with others. Maybe there is a person at a store you run into frequently, or someone whose path you cross regularly that can be asked out to a get-together?

- Get involved with activities. A church group or a volunteer activity can be a great place to meet new people. In fact, volunteers often get involved for the express purpose of getting to know others and to be integral members of the community.

- Consider other generations. Friends need not be the same age and from the same generation. Keep an open mind that friends can come in all ages and from all walks of life.

Making friends after 50 requires some effort, but a sizable social network can benefit individual well-being into one's golden years.



GLAUCOMA: A SILENT THIEF

WHAT IS GLAUCOMA?

Glaucoma is a disease that damages your eye's optic nerve. It usually happens when fluid builds up in the front part of your eye. That extra fluid increases the pressure in your eye, damaging the optic nerve.

Your eye is constantly making a liquid called aqueous humor. As new fluid flows in, the same amount must be drained. If proper draining does not occur the fluid will build up and create high pressure in the eye. This causes damage to the optic nerve and over time causes blindness.

Glaucoma is a leading cause of blindness for people over 60 years old. Congenital glaucoma (babies born with glaucoma) occurs when the eyes have not properly developed in the womb.

BLINDNESS FROM GLAUCOMA CAN OFTEN BE PREVENTED WITH EARLY TREATMENT.

- Help spread awareness of taking care of your eyes! You never know when simple knowledge will help someone with their own problems and possibly save their sight!
- Visit eyefoundationofamerica.com to learn more about your vision.

V.K. Raju will be seeing patients again at Mountaineer Vision Center in Westover starting April 2026.

For appointment call **304-296-3333**.



A World Without Childhood Blindness

Do we ever ask ourselves, 'How much is enough?'

BY IRENE MARINELLI

For The Dominion Post



Many years ago, a wise friend asked me this question, "How much is enough?" How much of the variety of things we think we need would satisfy us, would give us a good life; how much is enough? The question he posed made me think about all the material things I had, as well as the many gifts life continues to bestow on me each day.

Most of us who are reading this have sufficient shelter, food, clothing and enough resources to reach far beyond the bare necessities. Each of us must decide which material things we need to reach for in order to attain happiness and contentment. Obviously, for some the reaching never ends, while others are happier with a more minimal lifestyle.

Beyond material comforts, we wake up each morning in a country that is, so far, at peace with the rest of the world. That's a daily blessing. There are many more. If we can walk, speak, see, breathe, we are the recipients of amazing gifts. Not everyone awakens in even moderate good health, yet you and I, gentle reader, often take this gift for granted.

At our age, no doubt all of us can recall times when physical and emotional pain hit hard and refused to be banished. While we are going through these dark times, a feeling of hopelessness, even self-doubt can come as unwelcome visitors that won't go away. This is especially true if there is deep emotional pain. However, physical pain, especially of long duration, can pull our spirits into a dark pit from which there seems no escape. Although we don't think of physical or emotional pain as a gift, it can be a teacher, harsh, toxic, but

still a teacher. It can strengthen us, even become a cautionary tale. In really hard times, we can forget who we are, even forget the gifts we are daily given. We might begin to doubt our own worth and capabilities. This is when we need support from those who truly care. We need them to pull us out of that deep, dark hole. This is when we need the gift of love, from our family, from our friends. Like the seasons of nature, life goes through its own seasons. Joy, sorrow, conflict, peace, hardship and happiness: each is part of this gift we call living.

When we ask ourselves, "How much is enough?" in reference to the jobs that earn our living, or how we stand with our money and resources, the answers are easy. Each of us looks at these a little differently in deciding what constitutes enough for us. There are gifts besides prestige, monetary stability and wealth. Peace is an elusive gift so many of us

hope to find as we age; peace and balance, and true self-knowledge. These are not always easy to come by. How much of these gifts would we consider to be enough?

Last and best, is the greatest gift of all: Time. If we have reached our seventh or eighth decade or beyond, we have truly been richly granted the gift of time. Now we need to cherish this very special gift that no amount of money or prestige or power can buy. Now we need to use this gift of time more wisely than we ever have before. No matter how well we use this precious gift, there will never be enough of it left to satisfy us. We yearn to be given more years, more time to be with those we cherish: time to be with children, grandchildren, friends and our beloved pets..

Irene Marinelli writes a regular column for Senior Post. Contact her at dpnews@dominionpost.com.

ASSISTED LIVING AND RESIDENTIAL CARE FACILITIES

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

Kingwood Healthcare Center

300 Miller Road, Kingwood
304-329-3195

The Country Retreat

3712 Coal Lick Road, Albright
304-413-4541

Majestic Care Hopemont

150 Hopemont Drive, Terra Alta
304-789-2411



Kingwood Healthcare Center



Miracle-Ear®

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304-296-3357

Special Anniversary Offer

Buy One, Get One **75% Off** ANY MODEL

Valid at participating Miracle-Ear® locations. One coupon per purchase. Discount does not apply to prior sales. See store for limitations on combining coupons. Cash value 1/20 cent. See store for full details.



Free CaptionCall Phone with Professional Evaluation

*See store for full details.

miracle-ear.com