

Senior Post

Living well and gracefully through the golden years

**Travel Tips for the
Over-50 Crowd**

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THE DOMINION

Post

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Did you know?

The Cleveland Clinic notes that kidney pain is often mistaken for back pain.

Those unsure of what's causing their discomfort should know there are some notable differences between kidney pain and back pain.

Back pain typically affects the middle of the back over the spine and leads to discomfort in the lower back. Kidney pain typically occurs to the right or left of the spine just below the rib cage where the kidneys are located. Kidney pain may feel deeper than back pain, and can radiate to other areas of the body, including the abdomen or groin.

If back pain goes beyond the initial area, it tends to radiate down the legs. Individuals experiencing pain sufficient enough to feel discomfort that does not subside are urged to speak with a physician to determine if the pain is indicative of a back problem or an issue with their kidneys.



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From management to mausoleum

A career change gives life to cemetery caretaker

BY JENIFFER GRAHAM

For the Dominion Post

According to 63-year-old Roger Bolyard, you're never too old to make changes in your career. Bolyard said, when Morgan Mayfield and David Bolyard offered him a full-time position at Kingwood Funeral Home, he left his job as a retail manager and jumped at the chance.

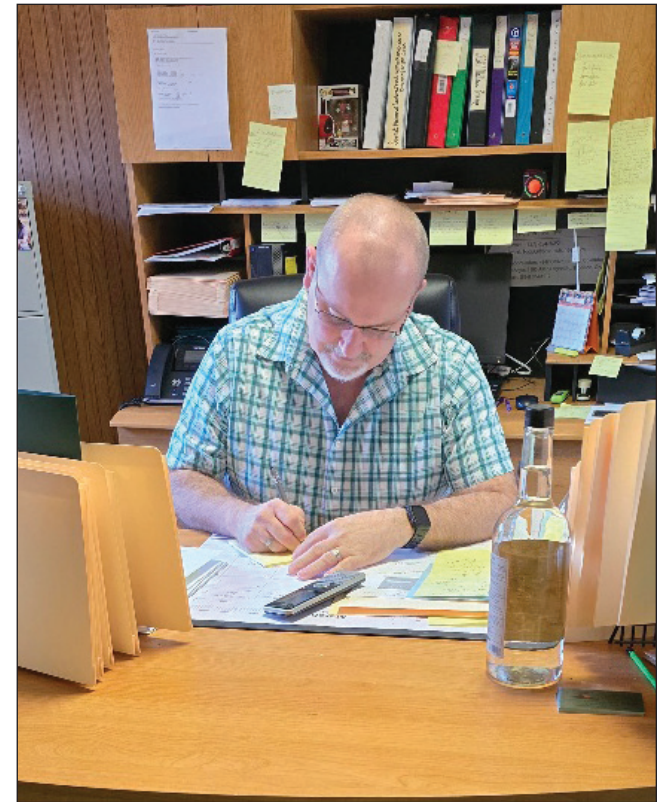
"I wanted to get out of man-

agement, so I resigned and took the full-time job at the funeral home," Bolyard said.

He said for the past two years he has been the caretaker of Memorial Garden, which includes watching over the cemetery, selling lots, cremation niches and taking care of the mausoleum — an entirely different type of work than he previously did. Bolyard said his new job also required him to become a notary.

He said he also had to learn a lot about the funeral business. He said he learned how to go on the computer and design any headstone the customer might want and quote them a price before they leave his office. If the family is unable to come to the office, he said he takes his computer to their home.

"Part of my job is filling out forms for military markers and faxing them in for the customer," Bolyard said. "When I took the job, I found there were a lot of markers left here that hadn't been picked up. Military markers are free, but the customer has to pay for the base that they are placed on. If



Jeniffer Graham/For The Dominion Post

Roger Bolyard completes paperwork recently at his office at Memorial Garden.

“

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The Village at Heritage Point.

— Ruth Spangler, Resident



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the family doesn't want to have them set, they can come in and pick them up if they want to."

Bolyard said something new is green burials. He said if someone chooses a green burial they are not embalmed, and are buried in a wicker basket instead of a casket.

He said if someone wants a green burial, they are picked up the day they die and are wrapped in a blanket. The family comes to the cemetery and if there is a service it is done the same day. He said one individual who chose a green burial was wrapped in the blanket his mother made for him when he was born.

"Green burials are becoming very popular," Bolyard said.

"The family maintains the plot and it can be reused after 30 years."

He said part of his job is also taking care of the pet cemetery. Bolyard said the pet cemetery has caskets for pets as small as a bird to as large as the largest dog. He said customers have a choice of either a granite or a bronze headstone for their pet.

He said the pet cemetery is not just for dogs, cats and other small animals.

"There is even a large pig buried in one of the lots," Bolyard said. "If the pet owner chooses, their pet can also be cremated and put in the mausoleum with them. We have the only crematorium in the county."

Did you know?

According to the Alzheimer's Association, a certain type of traumatic brain injury (TBI) can increase a person's risk of developing Alzheimer's or another type of dementia.

A TBI that results from an impact to the head disrupts normal brain function, and that disruption can elevate the injury sufferer's risk for dementia. The Alzheimer's Association notes that further research into the link between TBIs and dementia risk is necessary, as some people experience TBIs after a blow to the head and do not develop dementia.

But the Alzheimer's Association also notes that it is known that cognitive changes after a TBI are among the most common, most disabling and longest-lasting symptoms that result from such injuries, which can affect the ability to learn and remember new information and compromise a person's ability to concentrate, organize thoughts and plan effective strategies for completing tasks.

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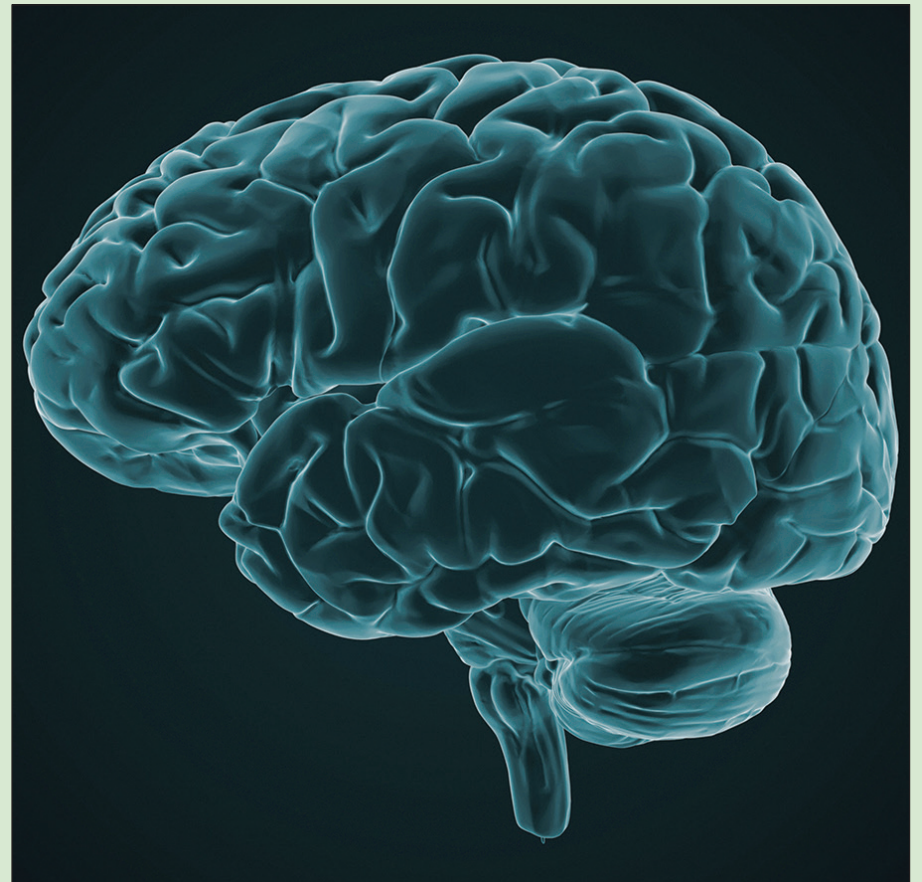
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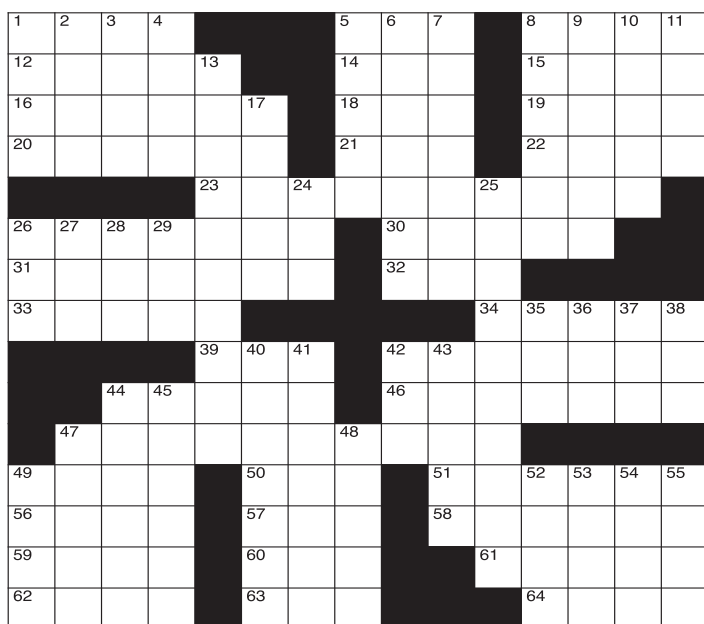
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CLUES ACROSS

- | | |
|--------------------------------|--|
| 1. Unit of dry measure | 39. More (Spanish) |
| 5. One who defies authority | 42. Classroom implements |
| 8. Social media giant | 44. Cognizant of |
| 12. Render holy | 46. One who tells |
| 14. "Much ___ about nothing" | 47. Free from bondage |
| 15. Computer manufacturer | 49. Thick piece of something |
| 16. Creed | 50. Containing two adjacent nitrogen atoms |
| 18. Immoral act | 51. Removed from the record |
| 19. Mountain pass | 56. Legendary singer Turner |
| 20. Winged nut | 57. Broke up the earth |
| 21. Don't know when yet | 58. Hunting expedition |
| 22. Elected officials | 59. Contributes |
| 23. Corrupt tendencies | 60. Unit of work or energy |
| 26. Popular adult beverage | 61. Wreckage on the sea bed |
| 30. Made a mistake | 62. Affirmative! (slang) |
| 31. Morally correct | 63. Witness |
| 32. Type of whale | 64. Scrape (Archaic) |
| 33. Portable conical tent | |
| 34. Native people of the Congo | |

CLUES DOWN

- | | |
|--|-----------------------------------|
| 1. "___ and flows" | 29. Men's fashion accessory |
| 2. Humble request for help | 35. American time |
| 3. A position of leadership | 36. Sound unit |
| 4. Continent | 37. They ___ |
| 5. Adherent of a particular religion | 38. Soviet Socialist Republic |
| 6. Things that can be eaten | 40. Places to play video games |
| 7. Self-governing Netherlands territory | 41. A sudden attack of illness |
| 8. Long-tailed crow | 42. When you hope to arrive |
| 9. Repeated | 43. Charges |
| 10. Bluish greens | 44. Actress Seyfried |
| 11. Humanities | 45. A tributary of the Ohio River |
| 13. Someone who serves in the armed forces | 47. Omit when speaking |
| 17. Labor (Spanish) | 48. Armored fish |
| 24. Zero | 49. Remain |
| 25. Shared by involving three parties | 52. From a distance |
| 26. Queens ballplayer | 53. Adventure story |
| 27. Consumed | 54. Geological times |
| 28. Rest here please | 55. Eat dinner |

Solution on page 9

TRAVEL TIPS



for the over-50 crowd

ON THE COVER: A pre-trip medical checkup can ensure adults over 50 are healthy enough to travel. (MetroCreative photo)

MetroCreative

Travel has long been viewed as a positive hobby that can pay short- and long-term dividends. Some of those benefits may surprise even the most devoted jet-setters. For example, a joint study from the Global Commission on Aging and the Transamerica Center for Retirement Studies found that women who vacationed twice a year had a considerably lower risk of heart attack than women who vacationed once every six years. The same study noted men who did not take an annual vacation had a 30 percent greater risk of heart disease than men who did vacation each year.

Traveling after 50 may necessitate a slightly different approach than it did when individuals were younger. Though adults over 50 can reap the same travel-related rewards they did when they were younger, some additional safety measures may be necessary at this point in travelers' lives.

■ Determine vaccination requirements if you plan to travel overseas. The Health In Aging Foundation urges older travelers hoping to go overseas to identify vaccination re-

quirements in countries they plan to visit. Make this part of your early planning, as the HIAF notes some countries require vaccinations be administered at least six weeks prior to entry. Information regarding travel-related vaccinations can be found on the Centers for Disease Control and Prevention website at <https://wwwnc.cdc.gov/travel/page/travel-vaccines>.

■ Get a pre-trip medical checkup. A pre-trip medical checkup can ensure adults over 50 are healthy enough to travel. A doctor visit also can be a great opportunity to update vaccinations and discuss medications. It can be tricky to manage medications when crossing time zones, and travelers can work out a schedule with their physicians to ensure they don't miss any doses. This also can be a good time to renew prescriptions to ensure you don't run out while away from home. Work with your physician and pharmacist to create a list of prescription and over-the-counter medications you take, which the HIAF notes will make it easier to get through customs and get replacement medicines should you need them

while traveling.

■ Beware of deep-vein thrombosis (DVT) and how to avoid it. The Mayo Clinic notes DVT occurs when a blood clot forms in one or more of the deep veins in the body, typically in the legs. Lack of movement is a risk factor for DVT, which can affect immobile travelers during long flights, train rides or road trips. DVT risk can be reduced by getting up and walking around when allowed to do so on long flights or train rides. If you'll be driving long distances, make frequent pitstops to get out of the car and stretch your legs.

■ Stay hydrated. The Cleveland Clinic notes that dehydration can cause dizziness, elevate a person's heart rate, contribute to swollen feet and muscle cramps, and result in fatigue, among other side effects. Travel is exciting, and it can be easy to forget to hydrate during engaging trips. But the HIAF recommends individuals bring a large bottle of water with them and drink even if they do not feel thirsty.

These simple safety precautions can protect travelers 50 and over from health issues that might not have posed as significant a threat when they traveled in years past.

Working out after age 50

MetroCreative

Exercise is an important component of healthy living at any age. Physical activity helps to maintain a healthy body weight and offers mental benefits like reduced stress and the potential to reduce risk for cognitive decline. But it's important to point out that appropriate exercise for a person at age 20 may look quite different from the right exercise regimen for someone who is 50 or older.

WebMD says exercise is important for quality of life as one ages and is a key to independence. It is important to think of exercise as a tool, and as with all tools, the right ones should be used with a goal to avoid injury. Fitness after 50 should

prioritize some practices and avoid others.

■ Focus on resistance training. Cardiovascular exercise is important for heart health and general health, but strength training also is essential to counter some of the normal effects of aging. Continuum Care, a private duty home care service, says aging results in a decline in bone density and muscle mass. Resistance exercise performed several times each week can help combat muscle loss and bone density decline.

■ Opt for low-impact activities. Low-impact exercises that involve less jumping and pounding will be easier on the joints. A doctor, physical therapist or athletic trainer can help to customize or adapt ac-

tivities based on a person's limitations or medical conditions.

■ Warm up before working out. Older adults are advised to warm up muscles before exercising to avoid injury, particularly if it has been some time since you last exercised. Harvard Medical School recommends five minutes of brisk walking or time on an elliptical machine to get blood flowing to muscles and make them pliable. After working out, it's advisable to stretch afterwards.

■ Switch to interval training. Interval training, which alternates between intense exercises and less demanding "rest" periods, offers greater benefits compared to a consistent exercise pace. Interval training helps burn

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-April Wintermoyer, owner

extra calories and maximizes oxygen consumption. Interval training may allow for shorter workouts as well.

■ Increase the number of rest days. Focusing on recovery after age 50 is important. Tissue takes more time to recover as the body ages, and that may require longer rest periods between workouts.

■ Pay attention to what your body is saying. Scripps Health says that even with a doctor or professional trainer guiding workouts, an individual is the best judge if physical activity is too much or too little. Everyone should pay attention to signs of overexertion, such as dizziness, excessive fatigue or chest pain. Other signs of discomfort, such as joint pain, may mean the intensity needs to be dialed down or other exercises chosen.

An exercise regimen may need a reboot after a person turns 50. Modified activities and a slowing of pace can promote a healthy, injury-free lifestyle.



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An exercise regimen may need a reboot after a person turns 50.

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What distinguishes home care from hospice care

MetroCreative

Hospitals are in the business of treating patients and helping them overcome injuries and illnesses. In many instances, hospitals offer unparalleled care. However, hospitals are not always without risk, and sometimes are not the most comfortable places for their patients, particularly those recovering from injuries or facing end of life.

Fluorescent lights,

beeping machine monitors and 24-hour personnel conversing at all hours of the day can disrupt natural sleep patterns. Hospital patients may be woken at night for status checks and to draw blood. Staff shortages may mean some patients become lower priority and do not receive much individualized attention. Medication mistakes and hospital-acquired infections also are risks that patients take

when they are admitted to a hospital. Many people would prefer an alternative, if possible, particularly if they have a serious illness to recover from or a terminal condition. Some individuals may be eligible for home-based care.

People may mistakenly think that home care and hospice care are one and the same. In fact, home care and hospice are two distinct services that provide support to

individuals with serious conditions. They share similarities, but they differ in goals and eligibility.

Home care

The main scope of home health care is curative. The goal is to help a patient recover from a surgery, injury or illness, according to Vitas Healthcare. Patients typically are visited by skilled nursing providers, physical therapists, speech-language pa-

thologists, or occupational therapists. How long home health care services last depends on the patient's needs and goals.

To be eligible for home coverage, patients have to meet certain criteria, such as being considered homebound. This means limited ability to leave the home without help. Service length depends on the needs of the patient, and frequency may decrease over time as the patient's health improves.

Hospice care

Hospice care can be administered at home or in another setting, but it's different from other home care in that it is not curative. Patients who have terminal illnesses can be placed in hospice care. This care focuses on pain and symptom management for those who are not

expected to live longer than six months. Hospice services can include help with personal care from a home health aide, skilled nursing, medical social work to help with advanced directives and insurance, and bereavement counseling.

To receive hospice care, a doctor must determine that the patient has less than six months to live if the illness will follow the typical course. Hospice patients do not have to be homebound, according to Amedisys, a provider of health care in the home. Hospice visits typically increase over time as the patient's health declines.

Home health care and hospice care are services with different eligibility and modes of care designed to assist patients in home settings.



MetroCreative

Home care and hospice are two distinct services that provide support to individuals with serious conditions.

Solution to puzzle on page 6

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

Don't let growing older squash your curiosity

BY IRENE MARINELLI

For The Dominion Post



“Learn why the world wags and what wags it.”

— T. H. White

One night last week, Rob and I watched a wonderful documentary about Leonardo Da-

Vinci. During his long life, he perfected his talents as a painter, sculptor, anatomist, inventor, mechanical engineer. Constant curiosity about the world and “what wags it” was the driving force of DaVinci’s life right up to his death in his 80s. He went to great lengths to satisfy his curiosity. When he needed to learn more about the human body in order to accurately portray the figures in his sculptures, he got dead bodies from hospital mortuaries and also paid grave robbers for bodies. While dissecting these cadavers, he noted and sketched

the way muscles, arteries and veins were positioned.

In our modern, hectic world, when we consider curiosity, if we even think about it at all, we seem to place it squarely in the realm of young children. It’s true, children can ask a dozen or more questions in a single hour! They have an incredibly strong, insatiable desire to learn about the world. Their curiosity is the machine that drives them to learn both simple and complex lessons about life. One wonders how and why we lose much of that curiosity as we grow up and especially as we age. We know our best writers, artists, our best scientists have the curiosity of young children. They are forever questioning, searching for answers, while they embrace an untarnished sense of wonder.

As we age we become less curious about the people around us, about the culture in which we live, about the planet we inhabit, the universe that supports it. Perhaps at some point we may feel we know

everything or almost everything we need to know. In his research on curiosity, Dr. George Land suggests this dramatic decrease in curiosity from childhood to aging adults “could be caused by our increase in knowledge as we grow up.” Our curiosity wanes. We go about our daily lives without fostering our sense of wonder, our curiosity, even though research studies strongly suggest those holding onto their curiosity and nurturing it were more likely to extend the years of their lives and also foster better relationships.

There is an old saying, “Curiosity killed the cat.” Most of those who use this ridiculous bit of cautionary advice forget to add the rest of the quote: “and satisfaction brought it back.” There is great satisfaction, as well as some added benefits, in being curious about the world and those that inhabit it. Curiosity enhances our creativity. It also enhances our relationships with people by bringing a deeper social connection when we are curious and interested in getting to know

someone beyond a surface acquaintance. Curiosity can also enhance our well-being. It helps manage anxiety simply by encouraging us to explore the unknown. It draws us out of ourselves and the isolation that can sometimes become part of aging. It’s also true that curiosity can disrupt our comfort zone while it sharpens our minds.

No matter how enclosed or sedentary or limited our life becomes, there will always be something we can be curious about, something that prompts us to look for an answer, an explanation. If we are unable to get out, there are books, documentaries, podcasts. We can discuss the things that spark our curiosity with like-minded friends. The world is full of interesting wonders and mysteries that prick our curiosity, bring a sense of awe if we invigorate that spark of curiosity that lives in all of us.

Albert Einstein put it well when he wrote, “The important thing is not to stop questioning.”

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A creative way to craft your estate planning legacy

BY DOREEN SEAMON

For The Dominion Post



The super rich call them “trust reveals” — meticulously planned events where the next generation learns who inherits valuable assets. Trust reveals are intended to prepare the children of wealthy parents for the issues that can accompany large wealth transfers.

The size of your estate may not warrant a trust reveal, but you should have proactive conversations with your heirs about their inheritances to provide them with some idea of what’s coming their way. Further, explaining intentions will help set expectations, help them prepare for tax planning, and reduce conflicts that can be heightened by your passing.

The Great Wealth Transfer re-

fers to the more than \$100 trillion that is expected to transfer from baby boomers to their heirs and charities by 2048. Over \$60 trillion of that will be from just 2% of all U.S. households, while about \$40 trillion will transfer from the remaining 98% of households.

According to the Federal Reserve, the average American household inherits \$46,200. But 70% of households will not receive any inheritance at all. Unfortunately, nearly all of the households that received an inheritance actually expected a larger inheritance than they received. Notably, those households who inherited the top 1% had more accurate expectations than those households in the bottom 50%. Perhaps the more accurate expectations were due to the “trust reveal” effect.

Inheritance can be a sensitive topic for families, but avoiding tough estate planning conversations can create bigger problems

later. Research shows that less than half of those inheriting money are financially comfortable handling the new wealth, so planning is imperative.

Studies consistently show that the wealthier a family is, the more likely it is to have an estate plan. Generational wealth is partly due to better planning and communications regarding aligning plans, setting expectations and introducing heirs to trusted professionals. The wealthy often have a long-term perspective on money that focuses on preserving growth over decades, often guided by wealth management professionals.

The idea that estate planning is exclusively for the wealthy is a widespread misconception. Estate planning is crucial for everyone, regardless of their financial status. An important tool for many families to achieve their goals includes a trust.

Trusts can have benefits such

as tax minimization, asset protection, privacy and control of investments and assets until they are passed down to heirs. Trusts can also hold a wide range of assets such as stocks, bonds, vacation homes, family heirlooms, business

interests and illiquid assets (e.g., collectibles, fine art and land). In fact, they can hold almost any type of asset, including things like intellectual property, cryptocurrencies, personal possessions and even loans and promissory notes.

Trusts are very flexible, they can be structured to incentivize and motivate heirs to work, get an education, maintain a grade-point average, or remain sober. Trusts can also release funds without strings when certain conditions are met such as reaching a certain age or at certain intervals. Trusts can even have provisions for a beneficiary who is on needs-based benefits such as social security disability or Medicaid.

Trusts can also help to maintain important properties such as homes for generations. Income of a trust can provide the money needed for associated expenses such as upkeep, taxes and insurance. They can also set usage terms among multiple heirs, easing the burden on the family.

As Warren Buffet cautioned, “Hugely wealthy parents should leave their children enough so they can do anything but not enough that they can do nothing.”

Remember, whether you are ultra wealthy or just an average American, it is never too late to plan!

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

SENIOR MONONGALIANS

MARCH EVENTS and SPEAKERS

■ Tuesday, March 2 at 10:30 a.m. March Birthday Party

Heather from Choice Care will be hosting our monthly Birthday Party. Since St. Patrick's Day is just around the corner, enjoy green punch, specialty mints and cupcakes. We will also have props and hats for our Birthday Stars to wear or hold while getting their picture taken. There may even be a visit from a leprechaun. Whether it's your birthday month or you just like a good party, please join us.

■ Thursday, March 5 at 10:30 a.m. New Medical Transportation Option

If you have been looking for options to get to your medical appointments or are trying to help a loved one get to their appointments, come learn about the newest available medical transportation in the Morgantown area. Cameron from lynX will discuss how their transportation service can help you or your loved one get to all their doctor's or other medical-related appointments.

■ Friday, March 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.

■ Thursday, March 12 at 10:30 a.m.

Gallery 304

Learn about a funky shop in the downtown area that specializes in vintage WVU themed merchandise. Take a trip into the past as you browse through their displays. Also, learn how you can do a little down sizing and make a little extra money.

■ Friday, March 13 at 10 a.m. Bingo with Village Caregiving

Adrian from Village Caregiving 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.

■ Tuesday, March 17 from 10:30 a.m. to 12:30 p.m.

St. Patrick's Day Party

You're Invited to our annual St. Patrick's Day Party. Whether you are Irish or not today is the day to embrace the Emerald Isle. Put on your green outfit and join us for a morning of fun. Let us know that you will be joining us by calling 304-296-9812.

■ Thursday, March 19 at 10:30 a.m.

PNC Bank Presentation

A representative from PNC Bank will discuss a financial topic that is related to the boomer and older generations.

■ Friday, March 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 and you could walk away with extra cash in your pocket.

■ Friday, March 20 from 11:30 a.m. to 12:30 p.m.

WV Attorney General's Mobile Office

Brooke, the 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, or relay a message to the Attorney General.

■ Tuesday, March 23 from 10 to 11:30 a.m.

Blood Pressure & Glucose Screenings

Students from the WVU School of Pharmacy will be available to check your blood pressure and glucose levels during this FREE clinic for seniors. Keeping track of this information and sharing it with your doctor can help in

take ownership of your health and help you make good healthy lifestyle decisions.

■ Friday, March 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. Spread the fun by bringing some friends with you. Stick around for the 50/50 Cash Cover All game. You could walk away with extra money in your pocket.

■ Tuesday, March 31 at 10:30 a.m. March Green Thumb Event

Kelly from Aetna and other volunteers would like to help you find or cultivate your "green thumb: this March through their "Green Thumb Event". They discuss how and when you can start your flower or food-based gardens, whether they are big or small. They will also bring supplies so that you can plant your own growing pot that you will be able to take home with you. Please let us know that you would like to take part in this fun event by calling 304-296-9812. Registration for this class is open until March 18.

• Keep checking Facebook for updates •

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

SENIOR MONONGALIANS

TRANSPORTATION PROGRAM

Our brand-new vehicle is wheelchair accessible and can hold several riders. Additional routes will be added as the program grows. Riders must be or become registered clients of Senior Monongalians. To check your eligibility or to get more information regarding this program, call 304-296-9812.

With the ever-rising costs of fuel and maintenance on our vehicles, we ask for a donation to help defray some of these costs. The suggested donation is \$2.00 per day.

SENIOR PANTRY PROGRAM and SENIOR PAWS

Grabbing odds and ends at the grocery store or placing 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 items, personal care necessities, or pet food 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 and Senior Paws.

How does the Pantry and Senior Paws 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 that 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 \$2.00. 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 whom are home bound. Drivers also perform a well check as they speak to meal recipients. Deliveries 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: 8:00 a.m. to 9:45 a.m., 12:30 p.m. to 3:45 p.m.

Tuesday: 12:30 p.m. to 3:45 p.m.

Wednesday: 8:00 a.m. to 9:45 a.m. & 12:30 p.m. to 1:45 p.m.

Thursday: 12:30 p.m. to 3:45 p.m.

Friday: 12:30 p.m. to 3:45 p.m.

■ COMPUTER LAB

Monday - Friday
8:00 am – 3:45 pm

Must sign consent form

■ DOMINOES

Tuesday & Thursday
12:00 pm – 3:00 pm

Nutrition room

■ MAHJONG

Monday & Wednesday
12:30pm-3:45 pm

Nutrition Room

■ SPONSORED BINGO

Every Friday

10:00 am – 11:00 am

50/50 COVER ALL CASH BINGO GAME

Fridays: 10:45 a.m.

This is a fundraiser for the activities and programs offered by Senior Monongalians. This game is \$2 to play and only one bingo card will be used per person. The total amount collected will be split equally, 50% benefitting Senior Monongalians and 50% becoming the bingo jackpot. If there is more than one good bingo, the winners will split the bingo jackpot. Invite your friends and spread the word.

■ EXERCISE ROOM

Must sign a release form.

Call for availability, 304-296-9812.

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

The Connecting Link

235 High St., Morgantown | 304-296-3300

Salvation Army - Monongalia County

1264 University Ave., Morgantown | 304-296-3525

Salvation Army - 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 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

March is Nutrition Month: Solutions for combating hunger

By April L. Wintermoyer

For The Dominion Post



Meals on Wheels promotes the slogan “March for Meals: Serving Up Solutions!”

According to Meals on Wheels, hunger and malnutrition

affect people of all ages but are especially difficult for home-bound seniors. Even those who are more mobile may not have access to healthy food options or be able to stand for the long periods required for home-cooked meal preparation.

The dietary needs of adults change as our bodies change. One of the biggest risk factors is malnutrition. An incredible 22% of the senior population faces malnutrition. Meals on Wheels estimates that 14 million seniors routinely worry about where their next meal will come from. That is 1 out of 6 seniors. This statistic is even worse for those in rural areas, where weather and transportation can make it difficult to access fresh, unprocessed food.

Malnutrition can cause both physical and mental changes, such as decreased bone and muscle mass, decreased oral health, changes in taste and smell, reduced cognitive function, increased frailty, and social and emotional changes such as loneliness and isolation. Malnutrition can also increase the symptoms of existing chronic illness.

Additional factors affect seniors and can lead to malnutrition. Chewing difficulties due to dentures or missing teeth, medications that change the way food tastes, or a decrease in appetite. Think about how the smell of cooking or a whiff of your favorite dish makes you hungry!

One study suggests that taste bud sensitivity decreases as we age, leading to a reduced sense of taste. Sixty percent of those

over the age of 65 and 80% of those over 80 experience a reduction in their sense of taste. We don't enjoy the smell as much, and our food just does not taste the same. If that is not enough, we have hormones that quit doing their jobs. One whose job is to help us feel hunger decreases, and the one that increases our feelings of fullness increases, so that we do not feel the need to finish meals, and we miss out on needed nutrients.

What can we do?

Make certain you get enough protein. Protein should be 15 – 20 percent of your total intake.

Take your Vitamins! Vitamin D3 for calcium absorption and support bone mineral density. Vitamin D and Zinc are important for your immune function. B vitamins can have a negative effect on cognition and mood.

Iron deficiency is prevalent in older adults. Over 10 percent of those over 65 are categorized as anemic! Not having enough iron can contribute to fatigue, depression, muscle loss, and a decrease in cognitive function.

Fortunately, there are many resources available to assist with nutritional needs. Some meal options can be home-delivered to those with reduced mobility or transportation concerns, such as Meals on Wheels. Other options, such as those at senior centers, can provide dine-in companionship along with a healthy dose of nutrition.

For those who are able and enjoy cooking, some options include food boxes or food pantries.

For those who need a little help with shopping or meal prep in the home, Right at Home is available to assist. Call us at 304-296-6600 or visit us online at www.RaHcares4U.net. We are always available to help.

April L. Wintermoyer, C.S.A., is owner and operations manager of Right at Home In Home Care & Assistance.



FOOD ASSISTANCE RESOURCES FOR SENIORS:

Morgantown Area Meals on Wheels	(304) 599-5154	http://www.morgantownwvmow.org
Senior Monongalians (Lunch in the Center is a donation of \$2.00)	(304) 296-9812 Mountaineer Mall, Morgantown	http://www.seniormons.org/
Marion County Senior Citizens (Donation)	(304) 366-8779 Fairmont	http://www.marionseniors.org/
Clay-Battelle Senior Center (Monday, Wednesday, Friday, \$5.00 Donation)	(304) 432-8177 Mason-Dixon Hwy, Blacksville	
Preston County Senior Citizens	(304) 329-0464	http://www.prestonseniors.org
Senior Meals in Motion	(304) 622-4075 Nutter Fort	https://www.bicountynutrition.com/
Barber County Senior Center, Inc	(304) 457-4545 Philippi	
Taylor County Senior Citizens, Inc (\$2.25 Donation)	(304) 265-4555 Grafton	https://wvtcsc.com/
Christian Help Ask for a food order	(304) 296-0221	https://mowtownchristianhelp.com/
Catholic Charities St Ursula Food Pantry & Outreach	(304) 599-3822 Morgantown	
Canyon Presbyterian Church Pantry	(304) 292-6597 Mondays 10-1 • Must pick up	
Covenant Evangelical Methodist Church	(304) 292-6050 Green Bag Road	https://www.covenantwv.com/outreach
Pantry Plus More	(304) 282-1123 Morgantown	https://www.pantryplusmore.org/

Hobbies to get seniors out and about

MetroCreative

The threat posed by social isolation has been known to medical researchers and health care professionals for years, but the issue gained wider attention during the pandemic. Restrictions on social gatherings during the pandemic opened millions of people's eyes to the ill effects of social isolation, and while that threat proved temporary for the majority of people across the globe, many seniors continue to live largely isolated lives.

According to the

Mayo Clinic, depression, anxiety, increased risk of suicide, and various chronic health problems are some of the outcomes associated with loneliness. That's a troubling assessment that becomes even more disconcerting when considering a general decline in socialization as evidenced by the 2021 American Perspectives Survey. Survey participants indicated they have fewer close friendships than they once did, speak with their friends less often and rely less on friends for personal support. That's challenging for adults of all

ages, but it can be especially difficult for aging adults, who may be dealing with the loss of a spouse or other close confidantes they would otherwise rely on when confronting personal problems. Hobbies that promote socialization can help aging adults reestablish friendships and build new ones, paying dividends that can have a profound impact on their overall health. With that in mind, adults who feel as though their social circles are shrinking in mid-life or in retirement can look to these activities as means to rebuilding

their social lives.

- **Book club:** A book club offers multiple benefits to adults. Book clubs are inherently social and tend to bring like-minded individuals together, which can help build new and lasting friendships that extend beyond weekly discussions. A 2021 study published in the journal *Neurology* also linked regular reading to a lower risk of developing dementia.

- **Sports:** Sports provide another avenue to socialize with like-minded individuals. Golf is not a team sport, but it is typically played in groups of

two or four, making it an ideal activity for adults with free time on their hands to get out and about and meet other people. Leagues for softball, bowling and pickleball also provide opportunities to socialize, and many adults are participating in such leagues for that very reason. A Civic-Science study released in 2025 found that 49 percent of adults who planned to participate in adult recreational sports leagues were doing so for social interaction and the chance to make friends.

- **Travel:** Travel can provide another means

for aging adults to make friends. Group tours to foreign countries, day trips to local attractions arranged by township recreational offices or even overseas trips with friends you've fallen out of touch with can be a great means to build new friendships and reinvigorate old ones, all the while getting you out of the house.

These are just some ways for men and women to get out of the house and socialize with others their age, a worthy endeavor that can be highly beneficial to adults' overall health.





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