

Senior Post

Living well and gracefully through the golden years

**Different ways
seniors can
embrace AI**

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APRIL 2026
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THE DOMINION
Post

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Did you know?

The Parkinson's Foundation reports that the right foods can optimize Parkinson's medications, helping patients ease their symptoms, maintain strong bones and preserve overall health and fitness.

Constipation is a common symptom of Parkinson's disease, but the PF notes that drinking six to eight glasses of water per day and eating fiber-rich foods like brown rice, whole grains and fruit can ease constipation and certain digestive difficulties that also can be a byproduct of the disease.



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Activities in store for Preston County Seniors in April

BY JENIFFER GRAHAM

For the Dominion Post

Preston County Senior Citizens will be holding its annual Spring Fling from 9 a.m. to 3 p.m. on April 24. The event will be held at the Kingwood Civic Center.

Tina Turner, director of Preston County Senior Citizens, said this year will see several changes from past years.

“In the past, we asked everyone to bring a side dish,” she said. “This year, we will be providing the food and serving the meals.”

Turner said the other change will be in the door prizes. She said, instead of gift items, the door prizes will be \$20 in cash.

“We are going to have karaoke and then the Back in the Day Band will provide the music,” Turner said.

She said community partners will also be on-hand to provide information and resources for seniors.

Turner said the event is free to those 60 years of age or older. She said those needing transportation to and from the event from other



“

*It's not where you live, but how you live. I am **living well** at*

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— Ruth Spangler, Resident



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area Senior Centers can call 304-329-0464.

“We had about 300 seniors attend our Fall Fest and I believe there will be about the same number attending the Spring Fling,” she said.

Turner said the Fall Fest is an annual October Event held at the Craig Civic Center. She said it’s a communitywide covered dish event for seniors, featuring live entertainment, dancing, raffles and door prizes.

The Tunnelton Senior Center will be holding a sausage, gravy, biscuit and hash brown breakfast from 9 a.m. to 2 p.m. April 15. \$10 for adults and \$5 for children under 12 years old. The event will be

held at the Tunnelton Senior Center located at 1266 Senior Drive, phone 304-568-2151.

Turner said she would like to invite seniors 60 years of age or older to take advantage of the lunches served at local centers. She said the menu can be found on their Facebook Pages. Turner said more information can be found by calling or visiting area Senior Centers.

She said seniors interested in playing drum-ball, attending Tai Chi for arthritis, or joining the Walk Wellness Group program can call their local Senior Center for more information about the events.

Did you know?

The National Institute on Aging reports that people with dementia are often incapable of recognizing they are experiencing issues with driving a motor vehicle.

Though some people confronting the early stages of Alzheimer’s disease and other types of dementia can still drive safely, the NIA notes they will likely need to stop as their condition more profoundly affects their memory and decision-making skills. The NIA suggests family and friends of drivers diagnosed with dementia keep an eye out for signs that could indicate if their loved one can continue to drive safely. Such indicators can include drivers forgetting how to get to and from familiar locales, such as their local grocery store or their homes.

Concerned loved ones also can speak with a dementia patient’s physician to determine how much their condition may be affecting their ability to drive. During these consultations, loved ones can ask physicians to recommend strategies regarding how to approach letting the person know it’s no longer safe for them to drive.

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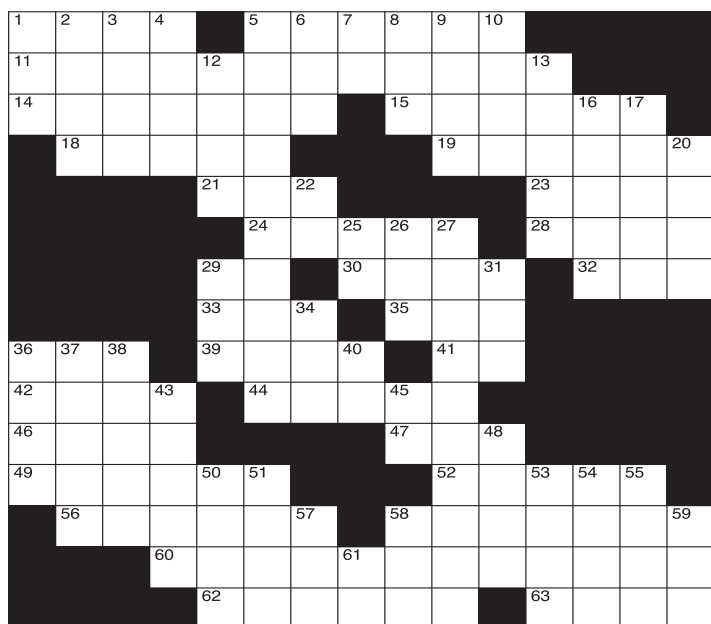
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CLUES ACROSS

- | | |
|--------------------------------------|---|
| 1. Absence of difficulty | 36. Drivers' licenses and passports are two |
| 5. Preserve a dead body | 39. Snake-like fishes |
| 11. Gratitude | 41. Air Force |
| 14. The act of coming together again | 42. Popular personal computers |
| 15. More cushy | 44. Stages in ecological succession |
| 18. Visionaries | 46. Wings |
| 19. Large fish-eating bird | 47. In the center |
| 21. Indicates near | 49. Pleasantly smooth |
| 23. Former CIA and CIA critic | 52. Jeweled headdress |
| 24. Icelandic poems | 56. In slow tempo |
| 28. Pop | 58. ___ Falls |
| 29. Hammer is one | 60. Reiterations |
| 30. Selfs | 62. Eras |
| 32. Thyroid-stimulating hormone | 63. Hyphen |
| 33. Nowhere to be found | |
| 35. Electronic data processing | |

CLUES DOWN

- | | |
|------------------------------------|---|
| 1. Body part | 31. Sunscreen rating |
| 2. Mimics | 34. Brew |
| 3. Expel or eject (variant sp.) | 36. Leader |
| 4. Sea eagle | 37. Indigo bush genus |
| 5. Taxonomic category | 38. Burn with a hot liquid |
| 6. Chinese languages | 40. Junior's father |
| 7. Mr. T's "A-Team" character | 43. Mackerel genus |
| 8. Consumed | 45. Morning |
| 9. Chinese dynasty | 48. Straight line from side to side (abbr.) |
| 10. NFL legend Randy | 50. Type of molding |
| 12. Ireland | 51. Small, thin or twisted bunch |
| 13. Palm trees with creeping roots | 53. Worn by exposure to the weather |
| 16. Fungal disease | 54. Mars crater |
| 17. Tall, slender-leaved plants | 55. Humanities |
| 20. Affirmative! (slang) | 57. Relating to the ears |
| 22. It says who you are | 58. "To the ___ degree" |
| 25. Atlantic coast state | 59. Residue when something is burned |
| 26. Grow older | 61. It cools a home |
| 27. Associations | |
| 29. Woman (French) | |

Solution on page 9

Ways for Seniors to



EMBRACE AI

ON THE COVER: Seniors can benefit from AI in many unique and useful ways.

MetroCreative

Keeping up with technology has become a full-time job for many people. The devices individuals rely on continue to evolve at a rapid pace. While younger generations who were raised on technology can adapt with ease, seniors may have a slightly more lengthy learning curve, particularly when it comes to artificial intelligence.

AI is no longer a sci-fi concept; it's a component of daily life. AI can do everything from summarize emails to turn images into quirky cartoons to answer health-related questions. According to the 2026 AARP Tech Trends Report, AI usage

among people ages 50 and older has nearly doubled in the last two years. Thirty percent of seniors are navigating the AI frontier, and there are many ways AI can be put to good use.

■ Aging in place: AI technology can be used to ensure seniors can enjoy their independence longer than they otherwise might. AI-powered homes can do a lot of the work for most seniors, and safeguards can help protect them. For example, radar-based sensors can detect a fall without the use of cameras and alert emergency services. AI can automatically adjust environments by illuminating hallways or shutting off a stove if it has

been left unattended, according to Age Safe America.

■ **Health monitoring:** A primary driver for AI adoption, health is something that can be managed and even improved with the use of AI. The University of Michigan National Poll on Healthy Aging found that more than half of seniors like AI devices for aging in place. AI can summarize complex medical reports or produce meal plans according to nutritional guidance. Smart pill dispensers use AI to track adherence and can help keep a person safe.

■ **Companionship:** Loneliness and social isolation is a real concern for seniors. AI conversational partners can initiate conversations, suggest activities or tell jokes. The National Institutes of Health says AI-driven interventions using social robots or digital human facilitators have led to significant reductions in loneliness among adults ages 55 and over.

Artificial intelligence is being integrated into many facets of daily life. Seniors can benefit from AI in many unique and useful ways.

Great gifts for retirees

MetroCreative

Millions of working professionals may feel as though retirement is a long way off. But data suggests retirement may be a lot closer than many people believe. According to separate findings from the Employee Benefit Research Institute and the Transamerican Center for Retirement Studies, the average worker in the United States retires at 62. Professionals tend to work a little longer in Canada, where Statistics Canada notes the average retirement age in 2025 was 65.

Regardless of which country professionals call home, retirement is a milestone moment worthy of celebration. Retirees may

have their own private celebrations planned, but loved ones can still make this notable moment in a person's life more meaningful with the right gift.

■ **Luggage:** Give a nod to many retirees' stated desire to travel more in retirement by gifting some new luggage. Hard shell luggage is particularly durable, which may be especially useful for individuals who plan to become jetsetters now that they no longer have to work. Personalize the gift by having the recipient's initials monogrammed onto the new luggage.

■ **Chef's knives:** Another goal many people have upon retiring is to fine-tune their culinary skills. Some feel a chef is only as good

as his cutlery, so the gift of a professional chef knife set can get retirees on the road to crafting delicious, top-notch meals.

■ **Reading chair:** Many working adults lament that they have little time to read, a common refrain that no longer applies once professionals retire. A brand new comfortable reading chair can make an ideal gift for retirees with a bucket list of books to get through now that they have plenty of time to read for pleasure.

■ **Ergonomic gardening tools:** Ergonomic gardening tools are easy on the joints and tailor-made for new retirees who now have plenty of time to invest in their gardens and landscapes. Pair the tools with a cushioned

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kneeling pad and sturdy gardener's gloves and retirees will have all they need to get to work in the great outdoors.

■ **Photo albums:** Anyone with a smartphone is familiar with the notion that great pictures are routinely snapped but easily forgotten thanks to the ease of taking photographs in modern life. Some high-end photo albums can encourage retirees to take a stroll down Memory Lane as they pick and choose memorable photographs to include in their new books.

■ **Exercise gear:** Some comfortable and UV-resistant exercise gear and outerwear can be just what retirees need to comfortably enjoy a more active lifestyle. Hoodies and joggers designed for comfort and protection against the elements are ideal for retirees who love the great outdoors.

Retirement is a milestone moment in life that can be made even better with the right gift.



MetroCreative

Retirement is a milestone moment in life that can be made even better with the right gift.

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Mild depression can touch even a good life

BY IRENE MARINELLI

For The Dominion Post



Have you ever awakened on a summer morning when the soft air is filled with bird-song, a morning that would ordinarily have you smiling as you sit up and stretch, but instead you immediately

feel something is off? Rather than getting out of bed to meet the bright day stretching before you, you only want to pull the covers over your head and stay put. An elusive sadness and ennui tell you there isn't any good reason to get up. It's here: depression! Author William Stycon defined depression as "the grey drizzle of horror." It can arrive as an unwelcome visitor anytime, seeming, at first glance, to have enveloped us without any obvious reason.

The depression we are considering

here is not clinical depression, referred to as major depression disorder. Clinical depression affects more than 300 million people of all ages, according to the World Health Organization. Clinical depression is a mental health condition that may cause life impairment. It needs diagnosis and medical attention. No, gentle reader, we are focusing here on mild depression that comes unexpectedly like a free-floating fog. It can hover over us for hours or days, then slowly drift away.

Depression, even in its mildest form, is a hole, deep and dark. There's light showing at the top, but we can't seem to reach that light. We need to get rid of the shadow covering our days and go on with our lives, and, although we usually only want to burrow deep under the covers until that shadow is gone, there are some things we can do to send it on its way.

Exercise is a great help: a walk in the heart of nature along a woods trail or a

sandy beach or a meadow dotted with wild flowers. Even a walk around the neighborhood gets us out and about. It also helps to analyze what's going on in our lives: what may be wrong. What isn't working, is not contributing to peace, harmony, contentment. As mature, aging adults we've come to understand no one can be happy every hour of every day, nor do we have such an expectation. Problems arise and must be dealt with. Sometimes there is grief, pain, even chaos. Yet, the contentment and peace we seek should flow in and out of our days like a beneficent sparkling brook. When depression comes to dam that brook and stop the flow, it may be wise to take a closer look at what's going on in our lives. Perhaps there is a relationship issue that has opened the door to depression. Perhaps it's a glut of daily media news that we have allowed to endlessly bombard us.

Isolation is a fertile soil in which

depression can grow. As we age, we need to be aware of isolating ourselves in our homes. There's nothing wrong with "friending" people on the internet, but that is a different and much more shallow friendship, with little depth or richness. In our elder years, we would do well to nourish and safeguard our friendships, meet new people, catch up with our family and friends by phone when weather or other considerations keep us housebound.

I have periodically dealt with mild depression, my gentle reader, and will probably continue to experience bouts of that darkness from time to time. I know the shadow that darkens my days will depart as I try, by different means, to send it on its way. At such times, these wise words by Victor Hugo are my beacon: "Even the darkest night will end and the sun will rise."

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

Understanding Medicare benefits for skilled nursing care

BY DOREEN SEAMON

For The Dominion Post



Choosing the right kind of posthospital care under Medicare's rules can be confusing, but understanding Medicare's

rules for skilled nursing facility (SNF) care is important to avoid unexpected bills.

A skilled nursing facility care is short-term, medically necessary care provided in a licensed facility following a hospital stay. SNFs offer a higher level of care than custodial nursing homes or assisted living communities. The care must be provided by, or under the supervision of, licensed medical professionals such as registered nurses (RNs) or physical therapists.

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 if the Medicare recipient generally meets each of the following requirements:

- 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 requires 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.

If these criteria are met, Medicare Part A may help pay for SNF care on a limited, short-term basis.

Medicare will not cover skilled nursing facility care in the following situations:

- 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.

Confusion about SNF coverage can lead to financial strain and difficult decisions during an already stressful time. Medicare does not cover a stay in a skilled nursing facility indefinitely; coverage is limited and tied strictly to skilled medical needs.

Before a hospital discharge, patients and caregivers should ask:

- Was the hospital stay at least three consecutive days and classi-

fied 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?

Medicare patients and their caregivers should ask questions early and seek counseling when needed. Free assistance is available through Medicare.gov, State Health Insurance Assistance Programs (SHIPs), Medicare Rights' helpline, and other consumer advocacy organizations. Remember, it is never too early 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

APRIL EVENTS and SPEAKERS

■ **Thursday, April 2 from 10 a.m. to 12:30 p.m.**

EASTER LUNCHEON

Hop on over for a morning of fun, friendship, and good food during our annual Easter Luncheon. We will start the morning off with a special visit from the Easter bunny at 10 a.m. Then local music group, Spirit Lifted will entertain with their toe tapping, feel good gospel music. Enjoy a delicious meal prepared by our kitchen crew. Wind down the day by possibly winning one of our door prizes. Let us know that you will be joining us by calling 304-296-9812.

■ **Friday, April 3**

CLOSED for Good Friday

■ **Tuesday, April 7 from 10 to 11:30 a.m.**

Computer & Phone Literacy Class

Emma from Generation WV will assist seniors become more familiar with their laptop, smart phone, watch, etc. She can do small group classes or she will be available to help people individually with their questions.

■ **Tuesday, April 7 at 10:15 a.m.**

Spring Craft with WVU Hospice

Get in the mood for spring with a fun crafting session with WVU Hospice.

■ **Tuesday, April 7 at 11 a.m.**

April Birthday Party

Heather from Choice Care returns to

host her second Birthday Party. She'll serve up scrumptious goodies and yummy punch for party goers. Whether your birthday is in April or you just want to help celebrate, we invite you to join us.

■ **Friday, April 9 at 10 a.m.**

Bingo with Renaissance Care

Keri with Renaissance Care 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, April 14 from 10 to 11:30 a.m.**

Computer & Smart Phone Literacy Class

Emma from Generation WV will help you become more familiar with and build your skills using your laptop, smart phone, or accessories. She will split the class into two opportunities: the first half will be a small group class on a specific topic and the second half will be for individual questions. These classes are free for seniors 60 or older.

■ **Thursday, April 16 at 10:30 a.m.**

PNC Bank Talk

Mary Ann from PNC Bank will focus on a financial topic related to senior living.

■ **Friday, April 17 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, April 17 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, April 21 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.

■ **Tuesday, April 21 from 10 to 11:30 a.m.**

Computer & Smart Phone Literacy Class

Emma from Generation WV will help you become more familiar with your laptop, smart phone, or watch. Half of the class time will focus on a featured topic and the other half will be answering individual questions.

■ **Friday, April 24 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, April 28 from 10 to 11:30 a.m.**

Computer & Smart Phone Literacy Class

Emma from Generation WV will help you become more familiar with your laptop, smart phone, or watch. Half the class will focus on a featured topic and the other half of the class will center on individual questions. This class is free to seniors 60 or older.

• **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

NEW LOOK FOR OUR WEBSITE

Senior Monongalians is proud to announce a fresh new look for our website, www.seniormons.org. Realizing that our website was not living up to its potential, we partnered with students from the Marketing 304 class at West Virginia University. Together, we discussed areas that needed to be updated, ways to make the site more appealing to view, and making it more user friendly. As our weekly collaboration sessions moved forward, a polished, to the point, and attractively formatted website developed. With easy to find menus and activities listings, fun photo galleries, and direct clicks into vital program information, it is sure to please.

We invite you to visit our website at www.seniormons.org. Return regularly to check out updated information. Enjoy!

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 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.

LINE DANCING

**1st, 3rd, & 4th Wednesdays
10 to 11 a.m.**

Learn the moves to classic and contemporary dances and get a little exercise in at the same time. Amy Wodzinski will lead this weekly class. Beginners and intermediate line dancers are encouraged to attend.

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

GUIDE — a FREE in-home respite care for those with memory loss

By April L. Wintermoyer

For The Dominion Post



A new benefit for original Medicare beneficiaries with dementia started in July 2024. The Guiding an Improved Dementia Experience (GUIDE) model is intended to deliver services to alleviate

some of that burden. The eight-year trial starts in July 2024 and runs through 2032, but could be extended.

The Centers for Medicare & Medicaid Services recognizes the burden dementia places on the beneficiary and the primary caregiver, who is most often a spouse, daughter, or other family member. Any original Medicare beneficiary with dementia would be eligible for support services that reduce the burden on the primary caregiver and improve the beneficiary's quality of life.

The CMS estimates that there may be 3.6 million original Medicare beneficiaries with dementia.

Currently, Medicare does not routinely provide in-home care services. In-home care services, such as those provided by Right at Home, are considered a type of "custodial care." Custodial care is defined as non-medical assistance with daily activities such as dressing and eating provided to individuals who cannot perform these tasks independently due to age, disability, or illness.

Medicare does provide a home health benefit. This benefit is limited to skilled nursing services, physical therapy, and occupational therapy. Some assistance with bathing may be provided for short periods of time. The respite services benefit differs from the Medicare home health benefit,



which requires an acute event to trigger limited home health aide services.

The GUIDE benefits are in addition to any other benefits the client has, whether those are Veteran Affairs, Medicaid or other Medicare benefits. This is the first time that original Medicare will provide

such a respite benefit.

Beneficiaries do not need to meet a financial need test to qualify for respite. Beneficiaries in original Medicare can have any amount of assets or income and still qualify for respite. It is important to note that those with any Advantage plan outside the traditional red, white

and blue Medicare card services may disqualify the affected senior.

Who are eligible seniors?

- As this is a Medicare program, the patient must be 65 years of age or older and enrolled in Medicare.

- The GUIDE benefit is avail-

able to original Medicare beneficiaries with dementia (not beneficiaries with Medicare Advantage plans).

■ Dementia patients can be referred to a GUIDE group by their physicians, or the patient (or the family caregiver) can request an evaluation for services from a participating, CMS-approved organization.

■ The patient will become eligible for GUIDE services upon confirmation of a dementia diagnosis and CMS approval of the referral to the GUIDE group.

The services provided by Medicare are intended to enable patients with cognitive impairment and their primary caregiver to receive support and to fill healthcare gaps.

These no-cost services can include:

■ 24/7 clinical phone access to a trained patient navigator and a nurse who works with the client and caregiver through the Dementia progression

■ Access to a 24/7 Dementia specialist support hotline

■ Care coordination between providers and transitional care management

■ Phone/virtual medical support.

■ Medication Management and reconciliation

■ Ongoing monitoring and support

■ Referral and coordination of social services and support

■ Caregiver education and support

■ Respite care – even if the caregiver is remote. Respite care is limited to 72 hours of free care provided in 4-hour blocks. Respite care is temporary services provided to a beneficiary in their home, at an adult day center, or at a facility that provides 24-hour care, to give the unpaid caregiver temporary breaks from their caregiving responsibilities.

How does one begin to qualify?

■ Call Right at Home at 304-296-6600. If you are not in West Virginia or Ohio, you can call

Pocket-RN at 877-233-4390.

■ Tammy is our expert, but anyone at the office can begin the process with you.

■ You will need to provide the beneficiary’s Medicare number and provide a copy of your Medicare card. We can call Medicare for you and begin the qualification process.

■ We will need to collect additional information on the call.

■ Following the Home Visit Assessment, a call with our representative, the beneficiary, and the responsible unpaid caregiver (virtually is fine) will take place to collect the final data for submission.

■ A Home Visit Assessment is required to evaluate the:

○ Safety of the home environment and the beneficiary’s ability to navigate and manage the home environment.

○ The beneficiary’s function in activities of daily living

○ Other environmental, social and behavioral factors that may affect the beneficiary’s function and needs.

○ A complete list of all medications will be collected.

Please note: It may take up to 4 weeks to finalize approval and begin receiving these benefits.

Your local Right at Home has been offering this program for nearly a year. We have helped many families through this process. Call us. Let us help you determine whether your loved one qualifies for this care. Our number is 304-296-6600. Visit us on the web at www.RaHcares4u.net. Email us at info@rahcares4u.net.

Read more: (2024). GUIDE Model – Free Dementia Care Services | Alzheimer’s Association. <https://www.alz.org/help-support/caregiving/financial-legal-planning/medicare-guide-program-for-dementia-care>

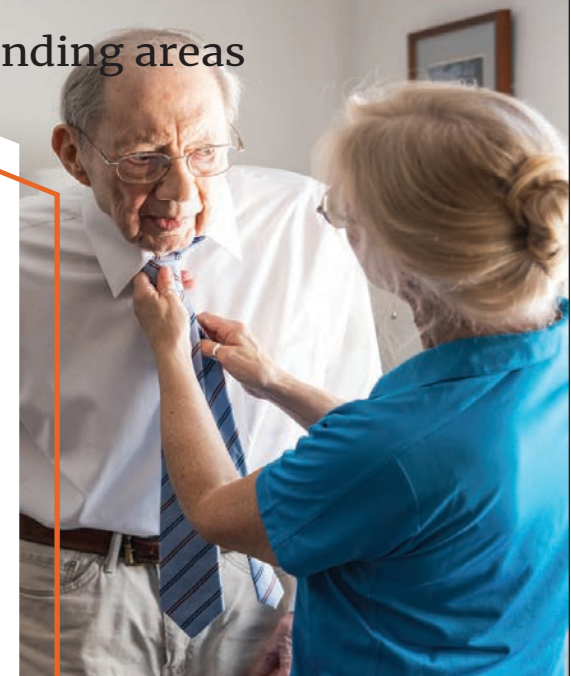
April Wintermoyer is the Owner and Operations Manager of Right at Home in North Central West Virginia and the upper Ohio Valley. You can reach her at 304-296-6600 or at april@rahcares4u.net

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(304) 296-6600
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