

# Senior Post

*Living well and gracefully through the golden years*

**Seniors and the  
dating scene**

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**MAY 2026**  
**A MONTHLY MAGAZINE BY**

**THE DOMINION**  
**Post**  
dominionpost.com

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# Did you know?

**A significant percentage of American children are being raised by a grandparent.** According to data from the U.S. Census Bureau, 2.74 million children in the United States were being raised by a grandparent in 2021. The USCB notes that such children were living with at least one grandparent who was responsible for most of their basic needs. Grandparents also play a notable caregiving role in Canada, where Statistics Canada reports one in five unpaid caregivers in 2022 reported providing roughly 15 hours of care each week to a grandchild or grandchildren over the previous 12 months.

Though the figures from the USCB suggest a growing number of grandparents have taken on caregiving roles in recent years, data indicates that such increases are generally applicable only to older grandparent caregivers. Indeed, the USCB reports that the number of grandparent caregivers between the ages of 30 and 59 declined between 2009 and 2021, while the number of grandparent caregivers ages 60 and older increased during that 12-year period.



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# State funds will make a new senior center possible

## Building to be used for adult daycare, caregiver respite

BY JENIFFER  
GRAHAM

For the Dominion Post

Preston County Seniors could soon have a new senior center facility located on James Preston Drive, according to Tina Turner, Executive Director of the Preston County Senior Citizens.

Moore presented a \$712,500 check to Turner in late March. Moore secured the funding through his work on the House Appropriations Committee. Turner said the funds will be used to acquire a larger building with a completed exterior but unfinished interior, along with parking.

“We will work to complete and transform the space into a welcoming center that



Submitted Photo

Congressman Riley Moore presents Tina Turner, executive director of Preston County Senior Citizens, with a \$712,500 check for a new senior citizen facility.

“

*I'm so glad  
we moved  
here.*

— Estelle Lombardi, Resident



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serves, supports and enriches the lives of seniors in our community," she said "This exciting milestone marks a major step forward in our mission to serve our community and expand opportunities for current and the next generation of older adults."

Turner said the current Senior Citizen building will be used for adult daycare and a relief program (congregate respite) for caregivers.

According to their website, Preston County Senior Citizens Inc. is a nonprofit social service agency providing services to adults aged 60 and better (and their spouses) in Preston County. Its goal is to aid older Prestonians with living more independently and remaining active in their re-

tirement years. No dues or membership fees are required to be a member.

"We extend our sincere gratitude to Congressman Moore for his support, as well as to the many local seniors, Board of Directors members, and community and political leaders who joined us to celebrate this occasion," Turner said. "Your continued encouragement and partnership make achievements like this possible. Thank you to Congressman Moore for your support and commitment to our mission."

For more information about programs provided by the Preston County Senior Citizens, call 304-329-0464 or visit its website at [www.prestonseniors.org](http://www.prestonseniors.org).

# Did you know?

## Lyme disease affects thousands of people every year. But instances of the disease may be under-reported.

The Bay Area Lyme Foundation estimates more than 630,000 people are diagnosed with Lyme disease annually in the United States. However, the Centers for Disease Control and Prevention says only a portion of those cases are officially reported through surveillance each year. Tick-borne illnesses are rising due to climate change and human expansion into forested areas. Lyme disease is just one of the many illnesses that ticks can spread. Unlike some other illnesses, Lyme disease can be contracted even if you've been bitten before.

There is no immunity development in the body. Left untreated, Lyme disease can cause serious issues with joints, the heart and the nervous system, say leading medical experts. However, if diagnosed in the early stages, Lyme disease can be successfully cured with prompt antibiotic administration. MedlinePlus says use of doxycycline is highly effective at curing the infection and preventing long-term complications. It generally takes two to four weeks of oral antibiotic administration to eradicate Lyme disease. However, while most patients make a full recovery, some may experience lingering fatigue or pain even after the infection is gone. This is known as Post-Treatment Lyme Disease Syndrome.

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## Why you need dental insurance in retirement.

Many Americans are fortunate to have dental coverage for their entire working life, through employer-provided benefits. When those benefits end with retirement, paying dental bills out-of-pocket can come as a shock, leading people to put off or even go without care.

Simply put – without dental insurance, there may be **an important gap** in your healthcare coverage.

### When you're comparing plans ...

- ▶ Look for coverage that helps pay for major services. Some plans may limit the number of procedures – or pay for preventive care only.
- ▶ Look for coverage with no deductibles. Some plans may require you to pay hundreds out of pocket before benefits are paid.
- ▶ Shop for coverage with no annual maximum on cash benefits. Some plans have annual maximums of \$1,000.

### Medicare doesn't pay for dental care.<sup>1</sup>

That's right. As good as Medicare is, it was never meant to cover everything. That means if you want protection, you need to purchase individual insurance.

### Early detection can prevent small problems from becoming expensive ones.

The best way to prevent large dental bills is preventive care. The American Dental Association recommends checkups twice a year.

### Previous dental work can wear out.

Even if you've had quality dental work in the past, you shouldn't take your dental health for granted. In fact, your odds of having a dental problem only go up as you age.<sup>2</sup>

### Treatment is expensive — especially the services people over 50 often need.

Consider these national average costs of treatment ... \$274 for a checkup ... \$299 for a filling ... \$1,471 for a crown.<sup>3</sup> Unexpected bills like this can be a real burden, especially if you're on a fixed income.

<sup>1</sup>"Medicare & You," Centers for Medicare & Medicaid Services, 2025. <sup>2</sup>"Aging changes in teeth and gums", medlineplus.gov, 4/17/2022. <sup>3</sup>FairHealth, Inc. National average dental fees. Data current as of July 2025; subject to change.

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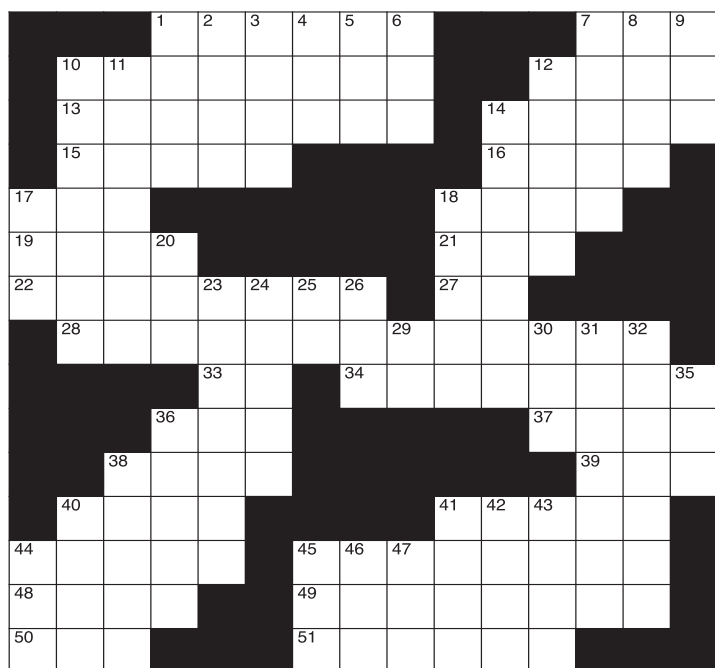
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6371



## CLUES ACROSS

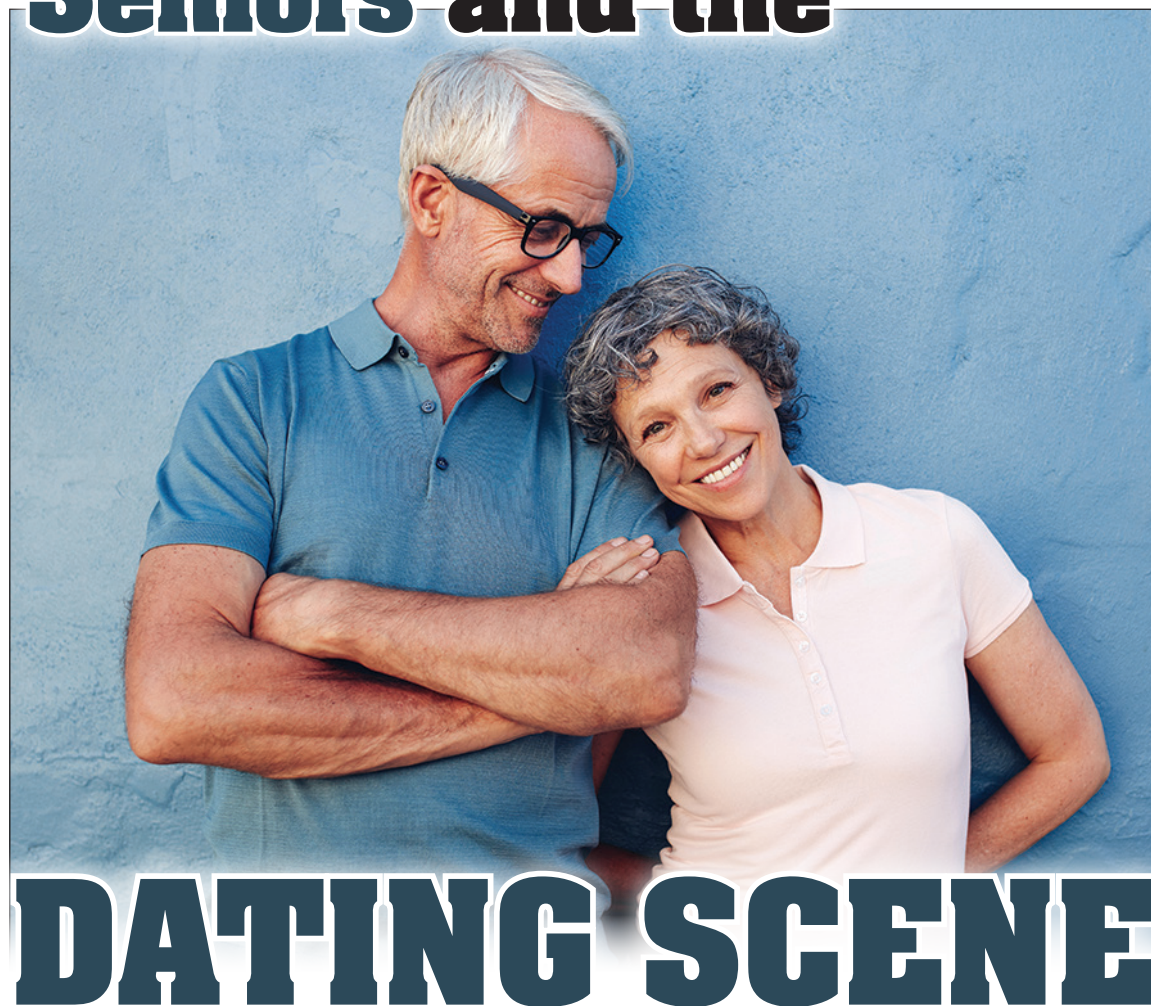
- |  |                                       |
|--|---------------------------------------|
| 1. Large dung beetle                   | 28. Beloved March holiday             |
| 7. Gambling game __-lo                 | 33. 12th letter of the Greek alphabet |
| 10. Further along                      | 34. More impudent                     |
| 12. Type of tobacco                    | 36. Indicates center                  |
| 13. Looked for                         | 37. Young woman (French)              |
| 14. Silk fabric                        | 38. A cause of distress               |
| 15. Computer method to solve equations | 39. Santa's helper                    |
| 16. As fast as can be done (abbr.)     | 40. Hillside                          |
| 17. Tear                               | 41. Many wombs                        |
| 18. Brews                              | 44. Is afraid of                      |
| 19. "Famous" cookie baker              | 45. Popular baked goods ingredient    |
| 21. Women's Army Corps                 | 48. Popular computers                 |
| 22. Front parts of an animal           | 49. Conceiving of                     |
| 27. It's causing quite a stir          | 50. Google certification (abbr.)      |
|  | 51. Sturdy                            |

## CLUES DOWN

- |   |  |
|---|--|
| 1. Peruse quickly                         | 25. Trauma center                              |
| 2. Automobiles                            | 26. Habitual twitching                         |
| 3. Razorbill genus                        | 29. A place where checks are exchanged (abbr.) |
| 4. Bravo! Bravo! Bravo!                   | 30. Decameter                                  |
| 5. Consumed                               | 31. Hinged surface in a wing                   |
| 6. A place to sleep                       | 32. Shouting                                   |
| 7. Small seeds                            | 35. Sports official                            |
| 8. Legendary law man Wyatt                | 36. Volcanic craters                           |
| 9. Female sheep                           | 38. Supportive device                          |
| 10. Indigenous peoples of eastern Siberia | 40. It's part of a rosary                      |
| 11. A place ships dock                    | 41. Two-toed sloth                             |
| 12. Reciprocal of sine                    | 42. Body art                                   |
| 14. Discomfort                            | 43. Let out                                    |
| 17. British Air Aces                      | 44. Foreign medical graduate                   |
| 18. Exit sleep                            | 45. Nonprofit journalism organization (abbr.)  |
| 20. Solar energetic particle              | 46. Couples say it                             |
| 23. Plagues characterized by starvation   | 47. Bird's beak                                |
| 24. Short musical composition             |  |

*Solution on page 9*

# Seniors and the



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

*MetroCreative*

Dating in one's golden years is a common experience for many seniors. Whether it's the result of a loss of a spouse or other life events, many people find themselves looking for love in their golden years.

According to statistics from The Senior List and the Pew Research Center, roughly one-third of adults 65 and older in the United States reported being single in 2022, a percentage exceeded only by people between the ages of 18 and 29. Many older singles are not looking for a committed relationship; some just want to have fun exploring the dating scene. With that in mind, here's how seniors can explore dating, which may look and feel a little different than the last time seniors were dating.

### Identify your reason for dating

Seniors should establish the reasons they are ready to get back into the mix. Identifying the motivation for mingling can help set the right course for finding a partner. Sometimes it boils down to wanting someone to share hobbies, go

to dinner or travel with. Some seniors like the idea of having a relationship with someone, but living apart with their own homes and sense of independence. Others are looking for the next Mr. or Mrs. Right, and want a partner to share their life with in all ways.

### Going digital

While meeting people in person is possible, particularly when those with similar interests are pulled together through clubs or social events, the dating world has increasingly moved online. Online dating is a popular and modern way to meet new people. Apps like OurTime and SilverSingles are geared specifically to the older demographic, while Bumble is women-led. Meetup is not a dating app, but one for meeting people with an interest in sharing specific experiences.

### Be open and honest

Great relationships are rooted in honesty. Individuals should skip the "glory days" photos of their youth or even 10 years ago and use

current photos for dating apps. People should be specific with what they are looking for, like a travel companion to go to Europe or someone who enjoys trying the local culinary scene. Being honest and specific increases the chances of finding a good match.

### Be safe

Seniors are often the targets of scams, and by tugging at the heartstrings, scammers can exploit vulnerabilities. AARP says nearly 60,000 people reported romance scams to the Federal Trade Commission in 2024, when victims reported losing \$2.95 billion. Wanting to move conversations off of dating apps and directly to texts or other messaging platforms where they can't be monitored is a red flag. Scammers often indicate they live far away and can't meet in person and will give excuses to that effect. Others will promise the world and be in constant contact. It's a cause for concern anytime a person mentions needing money or having an investment opportunity.

If and when a senior meets with a date, the interaction should take place in a public location for the first several dates. Double-dating with a friend also can be a safe approach.

Dating in one's golden years requires some adjustments and an emphasis on safety.

# How seniors can build their social networks while in retirement

*MetroCreative*

Social isolation and loneliness can have a notably adverse effect on a person's overall health. According to the World Health Organization, roughly 12% of older individuals experience loneliness, which can have a negative impact on their physical and mental health, quality of life, and even their life expectancy.

Seniors have much to gain when they take successful steps to avoid social isolation. Seniors

who are concerned about the prospect of social isolation or loneliness or those already experiencing such feelings can try these strategies to build their social networks in retirement.

■ **Reconnect with old friends.** It's easy for adults to lose touch with old friends. By the time many adults reach middle age, professional and personal obligations can leave little time for a thriving social life. Successful professionals may be preoccupied with work projects, and while parents may be juggling

their own hectic schedules with their children's obligations. Come retirement, much of those responsibilities have ended, making this a perfect time to reconnect with old friends who also might have extra free time on their hands. Reach out through social media, text message or even a phone call, and let the situation unfold organically from there.

■ **Take advantage of community offerings.** Many communities sponsor events for seniors, like bus trips to local museums

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or stadiums, in an effort to encourage seniors to get out of the house. Retirees can take advantage of these opportunities, which tend to attract like-minded individuals with the same interests. A bus trip to a theater production will attract fellow arts lovers, and shared interests are a solid foundation for friendship.

■ Start a local club or group. Starting a local club based on a particular activity is another great way for seniors to build a social network in retirement. Take to social media and express your interest in starting a local book club or walking group. Like community-sponsored bus trips, clubs and groups tend to attract like-minded individuals, providing a built-in pathway to friendship.

■ Reconnect with your faith.

Houses of worship also offer a great way to meet locals and build relationships based on a shared identity. Faith-based communities provide a sense of belonging that can help retirees overcome social isolation and loneliness.

■ Open yourself to new experiences. Trying something new is another great way to make new friends. Many local agencies like parks departments or community recreation offices offer seniors in-person workshops covering a wide range of activities. These offerings are a great way to discover a new pastime and meet new people along the way.

Social isolation and loneliness poses a significant threat to millions of seniors. But there are many ways for seniors to build their social networks in retirement.



MetroCreative

Retirement is a perfect time to reconnect with old friends who also might have extra free time on their hands.

## All the benefits from looking after grandchildren



MetroCreative

Seniors who provide care for their grandchildren may be benefitting in some unique and important ways.

*MetroCreative*

Modern seniors are spending a lot of time with their grandchildren, and much of that time is spent providing care for youngsters, which might be helping grandparents in some unique ways. According to the National Poll on Healthy Aging from the University of Michigan's Institute for Healthcare Policy & Innovation, 8% of grandparents provide daily or near-daily care for their grandchildren. One in five grandparents reports providing care for one or more grandchildren at least once a week.

Though it can be a tall order for grandparents to look after their grandchildren, the time grandparents spend with their children's children can provide some unique benefits. The National Poll on Healthy Aging found that 72% of people with grandchildren indicated they hardly ever feel isolated, compared to 62% without grandchildren. The poll also found that 13% of seniors without grandchildren indicated their

mental health was fair or poor, while just 9% of seniors with grandchildren characterized their mental health in that way.

Grandparents spending ample time with their grandchildren also may help to build stronger social and cultural connections between themselves and their grandkids. The healthy aging poll found that slightly more than six in 10 grandparents indicated they shared at least one meal with a grandchild or grandchildren over the previous month, and nearly half indicated they had prepared food for them. In addition, 36% of grandparents indicated they had baked or cooked with their grandkids over the previous month. One researcher who worked with the team behind the poll noted that eating and cooking with grandchildren affords grandparents an opportunity to pass down knowledge and recipes to younger generations.

Caregiving for grandchildren can be a tall order for grandparents. However, seniors who provide such care may be benefitting in some unique and important ways.

# Senior care costs hit record highs

## Reshaping retirement and family budgets

Business Wire

NEW YORK — A Place for Mom, the leading platform guiding families through every stage of the aging journey, released its 2026 Costs of Long-Term Care and Senior Living Report, one of the most comprehensive proprietary snapshots of real-world senior care pricing in the United States.

The findings are telling: national median monthly costs now top \$5,419 for assisted living

(up from \$5,190 in 2025) and \$6,690 for memory care (up from \$6,450). Independent living averages \$3,200 per month (up from \$3,145), while home care has risen to \$34 per hour (up from \$33). These year-over-year increases, 4.4% for assisted living, 3.7% for memory care, 1.75% for independent living, and 3% for home care, reflect a sustained, multi-year trend that is reshaping family budgets, accelerating financial planning pressures, and raising urgent questions about

access to aging support.

“These aren’t just numbers. They are the lived experiences of families under pressure,” said Tatyana Zlotzky, CEO of A Place for Mom. “Every price point in this report represents a daughter trying to support her father, or a husband figuring out how to keep his wife safe and cared for. Our mission is to bring clarity, guidance, and compassion to those navigating one of life’s most complex and emotional decisions.”

The 2026 report reveals:

■ Costs are rising across major senior care types, continuing a multi-year affordability squeeze for families.

■ Larger assisted living floor plans carry meaningful cost premiums: Two-bedroom assisted living apartments typically cost significantly more than studio units, often pushing total monthly costs above \$7,000 in higher-cost markets.

■ Regional disparities remain pronounced: Assisted living costs range from under \$4,000 per month in parts of the South to nearly \$9,000 in the District of Columbia.

Nationally, the gap between the highest- and lowest-cost states continues to widen. Assisted living costs remain lowest in parts of the South and Midwest, including

states like Louisiana, Alabama, and Mississippi, where monthly medians are near or below \$4,100. High-cost markets such as the District of Columbia, New Jersey, and Massachusetts now average between \$7,000 to \$9,000 per month. These extremes underscore how location increasingly shapes families’ access to senior care. Variation across states reflects structural differences, including labor markets, housing costs, limited supply, and care availability, not just inflation.

As America’s aging population grows, rising senior care costs are becoming central to national conversations about health care access, retirement security, and caregiving policy. Yet, according to A Place for Mom’s “The Cost of Waiting to Talk About Senior Care,” many families dramatically underestimate senior care costs, with only 18% of

people feeling they understand care costs well and nearly one-third reporting they paid more than expected after a move.

A Place for Mom is recognized as a trusted benchmark by families, providers and policy-makers because it reflects actual costs paid by families across its nationwide network of senior living communities and home care providers. APFM’s data is sourced from the nation’s largest senior living and home care referral network, providing an unmatched level of transparency into the real financial decisions families face when navigating senior care.

“Our data gives families an informed, grounded starting point for planning and helps surface where support is most urgently needed,” Zlotzky added. “The first step toward better solutions is understanding what care truly costs.”



MetroCreative

Downsizing a home might be a pathway to more financial freedom for many retirees.

### Solution to puzzle on page 6

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E	S	C	A	L	A	T	E			C	H	A	W				
S	E	A	R	C	H	E	D			M	O	I	R	E			
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G	D	E								R	O	B	U	S	T		

# Now spring brings us back to nature

BY IRENE MARINELLI  
For The Dominion Post



*“The earth laughs in flowers.”*  
– Ralph Waldo Emerson

After our long, bitterly cold, icy winter, Spring calls us to come out and see our world made new, bright with sunshine and opening flowers. So much is happening and happening so fast that we can easily miss it. This is the season that begins our involvement with nature once again. Early mornings are special. Dew sparkles on the grass like tiny diamonds on green velvet. The blue sky seems larger, more beneficent than the gray skies of winter. Tiny flowers open with an invitation for us to come and see, smell, pick a few to take into the house. Trees are

sending out new leaves and buds.

Jean Hersey, in her wonderful book about the seasons, writes: “When you plant early, you bring spring early.” Very true but there’s usually some work involved, whether we have a large garden or a few pots on the patio, before the planting can begin. Soil needs preparation and sometimes amending before it can receive seeds or the tiny thriving plants we sowed and cared for on windowsills. As April drifts slowly into May, we can usually rely on the weather not taking a winter turn. There have been rogue years when pots and seed pods have had to be brought inside for a few days to protect their fragile shoots. We crowd them onto every available space and hope for the best.

When we were younger, a large vegetable garden and seven flower beds seemed just right for our family. The spring work was manageable and welcome. In our 80s, gardening

is still an important part of our lives but on a much smaller scale. The balance between working and maintaining a large property and simply enjoying our new, smaller yard has shifted. There are fewer flowers but now each one is special. No longer do we bring in a basket of tomatoes, but the ones we get now still have that rich taste no store-bought tomato can match. These spring days that go by so quickly need not be bogged down by garden chores. Some outside work each day, then plenty of time to relax and simply enjoy the sunshine.

There is another aspect of spring-time that comes to us as we age. When we reach our late 70s and 80s, we tend to reflect on things we had not thought much about when we were busy raising a family and going off to work each morning. Some questions come to mind: Where will I be next spring? Will I be here at all?

Who will I be in another year? These musings remind us to take advantage of the time and energy we have now, to enjoy every aspect of this transient season and every season to come.

As it is with the seasons, so it is with holidays and other important milestone dates in our lives. We want to be here to celebrate with family, to mark not only the turning of the seasons, but also the celebrations that have been part of our lives for so long. We can take the time away from garden work, away from chores and commitments to go on a nature walk or visit a spring flower show, take a picnic to one of our parks, walk the trail by the river. All the long, cold winter we have hibernated in our homes, sitting close to the fireplace, drowsing and dreaming of spring. Now it’s here in all its glory. It would be a shame to miss the show.

## SENIOR CENTERS AND FACILITIES

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#### Core Senior Center

98 Pedler Run Road, Core • 304-879-5452

#### Senior Monongalians

5000 Green Bag Road, Morgantown • 304-296-9812

#### Westside Senior Center

500 Dupont Road, Westover • 304-296-6583



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

# Mentoring the Younger Generation in Money Matters

BY DOREEN SEAMON

For The Dominion Post



With more than six million followers, Sharif Ceasar has turned social media into a platform for teaching financial literacy to

all ages. From understanding credit and budgeting to investing and saving, Ceasar offers practical advice through short, easy-to-follow videos. Seniors, in particular, can benefit by using his insights to mentor children and grandchildren, helping them develop strong financial habits early.

## Early Lessons in Money

Ceasar's journey began at age 15, when a simple YouTube video earned him his first few hundred dollars. "Seeing that money hit my account was a revelation,"

he recalls. That success inspired him to take a high school finance class. "This stuff seemed like it was actually going to prepare me for the real world. It was not about the money. It was about what the money could give me," he says. Motivated, he dove into learning everything he could about financial well-being.

## Sharing Knowledge Online

Though not a professional, Ceasar was determined to help others. "I knew I'm no expert, but I do know more than the average person," he says. He began teaching people just a step behind him online. Within three months, his content reached over a million followers. One early video, advising viewers to save spare dollar bills in a shoebox, became a viral hit. Monetizing his content allowed him to grow both his audience and his own wealth.

By age 20, Ceasar had purchased his first home, earned a

real estate license, and successfully invested in the stock market - turning \$500 into \$15,000 in one case. Today, he earns more than \$100,000 a month, yet his focus remains on educating others.

## Practical Advice for Seniors and Families

Ceasar teaches skills from reading credit card statements to understanding compound interest. He also covers advanced topics like avoiding capital gains on inherited property. Seniors may find this especially useful as they help grandchildren or even adult children navigate financial decisions. Despite skepticism from older generations and family members, he urges an open mind: "Stop being so skeptical, be a little more open-minded, and just do your research." By guiding younger family members to trustworthy financial content, seniors can play a pivotal role in shaping their long-term financial habits.

## The Three F's: Freedom in Life

Growing up in Chicago after immigrating from Africa, Ceasar saw firsthand the toll of long work hours and multiple jobs on families. He himself worked 16-hour shifts in high school

and faced bullying for being "the broke kid." Determined to live differently, he focuses on the "three F's": financial freedom, time freedom and location freedom - allowing him to spend time with family, travel and set his own schedule.

For Ceasar, teaching the next generation is about more than money - it's about choice and opportunity. He advises setting goals, finding mentors, and building multiple income streams. Alongside creating educational content, he runs workshops and develops software to support content creators. "Once you become addicted to something, there's no way you can't get better at it," he says.

## Inspiring Financial Independence Across Generations

Ceasar's story shows that financial independence is possible at any age with knowledge, dedication, and a willingness to embrace new ways of learning. Seniors can use his insights to mentor family, stay digitally savvy, and guide younger generations toward smart financial choices - ensuring a legacy of financial well-being.

You can find Sharif Ceasar on YouTube, TikTok, Instagram, and Facebook @therealmelanking.

*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

### MAY EVENTS and SPEAKERS

#### ■ Friday, May 1 at 10 a.m. Bingo with Renaissance Care

Keri from Renaissance Care will lead a few games of bingo and will award prizes to the winners. Bring your friends along to add to the spring time fun. Stick around to possibly win a little extra spending cash during our 50/50 Cash Cover All game. It is \$2 per person to play. Proceeds benefit Senior Monongalians.

#### ■ Tuesday, May 5 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, watches, etc. She can do small group classes or she will be available to help people individually with their questions.

#### ■ Tuesday, May 5 at 11 a.m.

##### May Birthday Party

Celebrate Cinco de Mayo and all the May birthdays with this all in one party. Join in the festive fun and help shine a light on all those May birthdays. Enjoy goodies and yummy punch

#### ■ Thursday, May 7 from 10:30 a.m. to 12:30 p.m.

##### Mother's Day Party

The flowers are out and it is time to celebrate the hard work and dedication of Mothers. To help us have a swooningly good time, Lee Dean Sings: Elvis will be performing beginning at 10:30 a.m. His

fun and energetic show will get you in the mood to curl your lip and swivel your hips. After you have worked up a hunka hunka burnin' hunger, our kitchen team will treat you to a delicious meal fit for a queen. Let us know that you will be joining us by calling 304-296-9812.

#### ■ Friday, May 8 at 10 a.m.

##### Bingo with Choice Care

Heather with Choice 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, May 12 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 and the second half will be for individual questions. These classes are free for seniors 60 or older.

#### ■ Friday, May 15 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, May 15 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, May 19 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.

#### ■ Thursday, May 21 starting at 5 p.m.

##### Mon Bingo

Have a great time and possibly walk away with a pocket full of cash at the Mon Bingo monthly bingo. Each game will have a 50/50 cash jackpot. Players will also have the opportunity to participate in a 50/50 cash raffle, instant winner pop tab games, a separate cash "cover all" game, and eat delicious concessions. Your initial pack is \$20. Additional packs are \$10 each, limit 2 packs per person. Doors open at 4:30

p.m. and games begin promptly at 5:30 p.m. Proceeds from these events benefit the programs and services offered by Senior Monongalians.

#### ■ Friday, May 22 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.

#### ■ Monday, May 25

##### CLOSED for Memorial Day

#### ■ Tuesday, May 26 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's questions. This class is free to seniors 60 or older.

#### ■ Friday, May, May 29 at 10 a.m.

##### Bingo with Choice Care

Heather from Choice Care will lead a few games of bingo and award prizes to the winners. Bring a few friends with you to make the morning more fun.

• **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

### MON BINGO

Introducing Morgantown's newest monthly bingo event. Mon Bingo is a great way to have fun, possibly win a pocket full of cash, and help out a vital local nonprofit. Senior Monongalians provides essential programs and services to older adults and their families throughout Monongalia County. Mon Bingo features 20 games of bingo with a cash jackpot per game. Your initial pack is \$20. Additional packs are \$10 each, limit 2 extra packs per person. Players will also have the chance to win a 50/50 cash raffle, instant winner pop tab tickets, and a separate 50/50 cash "cover all" game (\$5 per bingo card).

Don't worry about grabbing something to eat because Mon Bingo has a concession window featuring hot dogs, snacks, and more. The concession window will be open one hour before games begin and will stay open throughout the event. Doors will open at 4:30 p.m. The first game will begin at 5:30 p.m. This event is open to adults 18 years and older only.

See you there!

### NEW LOOK FOR OUR WEBSITE

Senior Monongalians is proud to announce a fresh new look for our website, [www.seniormons.org](http://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 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](http://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 suggest-

ed 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](http://www.seniormons.org), and at Senior Monongalians' Office. All menus are subject to change without notice.

If you are interested in our nutrition program, please call us in advance of your first visit. 304-296-9812

### HOME DELIVERED MEALS PROGRAM

The goal of our Home Delivered Meals Program is to provide a nutritious meal to seniors 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.

## 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

# Easing senior isolation after the winter holidays

By April L. Wintermoyer  
*For The Dominion Post*



It is SPRING, but still, post-holiday loneliness can take a toll. By taking steps to eliminate some of this loneliness, we can help seniors to feel connected, valued

and cared for all year-round. We can help by creating a safety net of family, friends, activities and professional support to help diminish the stillness that invades the quiet that comes after the festive season. We can help foster a year full of meaningful connections.

“This situation is, sadly, very common,” says Brenda Hogan,

Director of Nursing for the Morgantown Right at Home Office. She explains, “The winter holidays bring a flurry of activity and companionship that can brighten seniors’ lives, whether they live alone or in a senior living community. But once the decorations are packed away and families return to their routines, a new

quiet can settle in. Many seniors feel isolated. The contrast can be jarring.”

Loneliness is not just physical solitude. It’s a feeling—an absence between the interactions we want and the relationships we have. For seniors, this often results from various factors that reduce social contact.



**Some Causes of Loneliness:**

1. **Physical Limitations:** Mobility issues or chronic illnesses can hinder seniors' ability to participate outside the home.

2. **Transition in Living Situations:** Changes such as moving to a new home or an assisted living facility can interrupt established social networks.

3. **Loss:** The passing of friends, partners, or family members can significantly impact our social worlds

4. **Retirement:** Leaving the workforce can often result in a loss of a sense of purpose

Loneliness does not always result from social isolation. A social person may feel lonely, while someone who is often alone may feel content.

**Engagement Opportunities:**

1. Video calls with friends and or family can provide interactive ways to stay connected and maintain relationships. There are many easy-to-use platforms that can help.

2. Online games such as puzzles that can be played with others (Monopoly, Words with Friends).

3. Online books

4. Social platforms like Facebook or Instagram can help us feel connected.

5. Online communities or groups on social media—especially those for people of similar age or interests—can create a sense of connection. They also offer a chance to contribute knowledge and life experience.

6. Senior Centers may provide meals, activities, exercise programs, and technology assistance. A few in our immediate area are listed below.

Senior Monongalians (304) 296-9812 <http://www.seniormons.org/>

Marion County Senior Citizens (304) 366-8779 Fairmont <http://www.marionseniors.org/>

Clay-Battelle Senior Center (304) 432-8177 Mason-Dixon Hw, Blacksville

Preston County Senior Citizens (304) 329-0464 [http://](http://www.prestonseniors.org)

[www.prestonseniors.org](http://www.prestonseniors.org)

Taylor County Senior Citizens, Inc (304) 265-4555 Grafton <https://wvtcsc.com/>

7. If transportation or physical limits apply, a few options exist.

Mountain Line (304) 291-7433 <http://www.busride.org/>

ZOOM Assisted Transportation (304) 296-6600 <http://www.zoomassistedtransportation.com/>

8. Most churches have an online component. While not the same as attending, watching services online lets you see the crowd and sing or participate meaningfully. Check with your local congregation, on Facebook, or on YouTube.

9. Maintaining a regular social schedule is highly beneficial. Simple activities like a book club, a craft workshop, or a weekly family call can make a big difference.

Loneliness affects much more than mood and a feeling of connectedness. The effects of loneliness are linked to higher risks

of heart disease, stroke, and susceptibility to illness. Supporting social connections is essential not only for emotional health but also for physical well-being.

Be alert for signs of depression, like changes in appetite, sleep, or loss of interest in life. Early assistance can help manage these challenges. If needed, professional in-home caregivers from agencies like Right at Home can offer companionship and support.

Prioritizing regular communication and visits with seniors, especially after the holidays, substantially improves their well-being. Simple actions—like daily calls or shared activities—provide meaningful connection and help seniors feel included and purposeful.

*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](mailto:april@rahcares4u.net)*

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