

Senior Post

Living well and gracefully through the golden years

**How seniors can
remain physically
and mentally active**

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THE DOMINION

Post

dominionpost.com

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Knowing When to Stop



Did you know?

Increasing time spent outdoors enjoying nature can positively affect mood and mental health. Generally speaking, outdoor enthusiasts tend to be happier overall. The American Psychological Association says spending time in nature is linked to both cognitive benefits and improvements in mood, mental health and emotional well-being. Both green spaces and blue (aquatic) spaces benefit overall well-being.

Several years ago, the University of Derby in the United Kingdom conducted a study titled, "The 30 Days Wild." The study encouraged people to do something wild once a day for 30 days. Participants shared that their connection to nature and doing things in nature created a significant increase in happiness and health.

People who spend more time outside can experience greater self-esteem, less stress, increased memory retention, and more positive body image.

Natural environments also lower activity in the rumination area of the brain, decreasing negative, repetitive thoughts. Also, those who are outside more tend to be engaging in physical activities, and exercise directly correlates to better mental health.



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New location remedy for growing Preston County Senior Citizens

Building in Terra Alta was once Gregg's Pharmacy

BY JENIFFER GRAHAM
For the Dominion Post

Preston County Senior Citizens will soon have a new location in Terra Alta, according to Tina Turner, Director of Preston County Senior Citizens.

“We are blessed and excited to announce that Senate President Randy Smith and Senator Jay Taylor each contributed \$115,000 in LEDA funding toward the purchase

of Gregg's Pharmacy in Terra Alta, West Virginia,” Turner said. “For decades, we have leased space from the Town of Terra Alta, but we have long recognized the need for a larger and more accessible facility to better serve our senior population. This new location, situated directly on Route 7, is a well-known and highly visible space within the community. The expanded facility will allow us to increase



Courtesy of www.howardhanna.com

The building that formerly housed Gregg's Pharmacy on Route 7 in Terra Alta will become Preston County Senior Citizens' newest location.

“

I'm so glad we moved here.

— Estelle Lombardi, Resident



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participation in congregate meals, social programs and wellness activities. We are also hopeful that this location will encourage greater participation from residents on the eastern side of Preston County, including Cranesville and Corinth.”

She said as she and the staff continue evaluating their services and activities, they are focusing on attracting the next generation of participants.

Turner said some of the ideas being explored include more “experience-based” activities such as book and coffee clubs, travel clubs, viewing spaces for sporting events and tailgate-style gatherings, and other social opportunities. Additionally, they are interested in launching another branch of congregate respite services at this location.

“We are also always seeking compassionate direct care workers to assist with

our in-home care programs and congregate respite services throughout Preston County,” Turner said. Anyone interested is encouraged to contact Operations Director Crystal Foreman at cforeman@prestonseniors.org.

“Another exciting initiative for our organization is the launch of a capital campaign to begin fundraising to complete interior build-outs at both the new Terra Alta site and our Kingwood location. As part of the campaign, we will also offer building and room naming opportunities for donors and supporters who wish to leave a lasting legacy in support of our seniors,” she said.

Turner said the recent Spring Fling was a tremendous success, with 359 seniors attending and many enjoying karaoke for the first time. She said plans are already underway for the upcoming Fall Fest, with the date to be announced soon.

Turner said this year’s event will be a red, white and blue event, honoring veterans and celebrating America’s 250th anniversary.

“We are incredibly grateful for the volunteers who support our mission. Dozens of volunteers contribute thousands of hours each year across our eight sites throughout Preston County. We are currently seeking volunteers to assist with our high tunnel program in Kingwood, which was a tremendous success last year and allowed us to provide fresh produce for our daily meals and meal participants,” Turner said. “There is truly nothing better than sending a home-delivered-meals recipient a fresh heirloom tomato to enjoy. We are also looking for volunteers interested in leading Tai Chi for Arthritis classes at our local centers. Training will be held in Clarksburg on July 28 and 29, and we will cover the

cost of the training.”

She said anyone interested is encouraged to contact her at tturner@prestonseniors.org.

The West Virginia Senior Farmers Market Nutrition Program (SFMNP) is returning for the 2026 season. The program provides eligible seniors with vouchers to purchase fresh, locally grown fruits and vegetables from approved farmers’ markets and vendors across the state.

Preston County Senior Citizens will be provided a limited number of vouchers and will be distributing Senior Farmers Market Nutrition Program vouchers starting Monday, June 1, at our Kingwood location, 108 Senior Center Drive. Applicants must bring a driver’s license or another form of valid identification when applying for vouchers.

Distribution dates and times are Monday, June 1; Wednesday, June 3; and Fri-

day, June 5, from 9 a.m. to noon each day.

Vouchers will be distributed on a first-come, first-serve basis while supplies last. Eligible seniors may use the vouchers to purchase fresh fruits and vegetables from participating local farmers’ markets and vendors throughout West Virginia.

Here are the key details:

- Eligible seniors can receive \$30 in vouchers
- Vouchers become available June 1, 2026
- Seniors must be age 60 or older and meet low-income eligibility guidelines,
- Vouchers can be redeemed at approved farmers markets and participating vendors throughout West Virginia
- Applications/sign-ups are handled through local county senior centers or senior service offices

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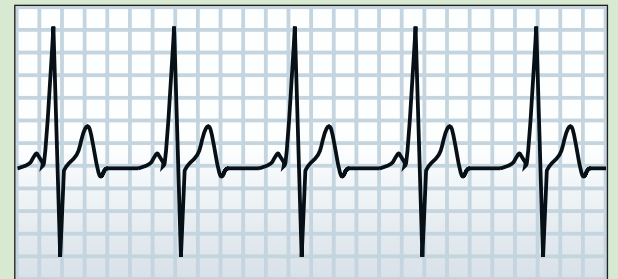
Many people are curious about the small machines known as AEDs that can be seen in offices, schools and various public buildings.

These devices are life-saving tools. AED stands for automated external defibrillator, indicates the American Red Cross. An AED is used to help those experiencing sudden cardiac arrest.

It analyzes the heart’s rhythm and can deliver an electrical shock (defibrillation), if necessary, to help the heart re-establish an effective rhythm. The device is meant to be user-friendly. Awareness of what an AED is and how to use it could save someone’s life.

Schools may offer courses on AED use, but certification courses also are available through the Red Cross. Although generally rare, cardiac arrest can occur even in youngsters. The American Heart Association says there is a higher incidence rate among male basketball and football players compared to other young athletes.

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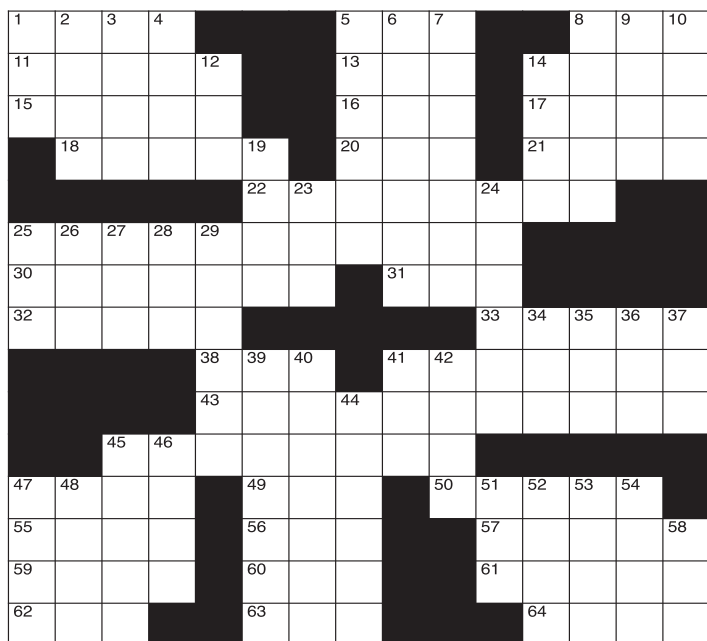
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CLUES ACROSS

- | | |
|---------------------------------------|---------------------------------------|
| 1. Egyptian bull-god | 38. Defunct European currency |
| 5. A young canine | 41. Small American songbird |
| 8. Cologne | 43. One from L.A. |
| 11. Fictional British P.I. | 45. After tenth |
| 13. Midway between northeast and east | 47. Hillside |
| 14. A place to shop | 49. Red deer |
| 15. Minneapolis suburb | 50. Partner to "ooohd" |
| 16. Single lens reflex | 55. Indian musical pattern |
| 17. NY Mets great Tommie | 56. Israeli city ___ Aviv |
| 18. Informal loan clubs | 57. Golden peas plant |
| 20. Habitual twitching | 59. Breezed through |
| 21. Holm oak | 60. Midway between east and southeast |
| 22. Willing to consent or submit | 61. Frameworks |
| 25. In an early way | 62. Danish krone |
| 30. Made possible | 63. Fall back |
| 31. Language in Ghana | 64. Influential Korean leader |
| 32. Relating to one's birth | |
| 33. Deep-bodied fishes | |

CLUES DOWN

- | | |
|---------------------------------|--|
| 1. Bridge building degree | 34. Buddy |
| 2. Expression of sorrow or pity | 35. We all do it |
| 3. Large, stocky lizard | 36. Chicken |
| 4. Turkish leader title | 37. No seats available |
| 5. Nag | 39. Yearned to possess |
| 6. Blank | 40. Ineffectual |
| 7. Closely woven cotton fabric | 41. Explosive |
| 8. A nice shot in golf | 42. Turkish title |
| 9. Away from wind | 44. Worn near the foot |
| 10. Evergreen shrub genus | 45. Impatient |
| 12. Large African antelope | 46. Set an example for others |
| 14. Something you receive | 47. Actor Pitt |
| 19. Satisfy | 48. Instrument of torture |
| 23. Wet dirt | 51. Swiss river |
| 24. No longer here | 52. Grayish white |
| 25. Writing utensil | 53. A way to print |
| 26. Ribonucleic acid | 54. Storied college hoops program |
| 27. Consume food | 58. Midway between south and southeast |
| 28. Licensed for Wall Street | |
| 29. Alternative forms of a gene | |

Solution on page 9

How Seniors can remain



PHYSICALLY and MENTALLY ACTIVE

ON THE COVER: The CDC says improving joint mobility and balance can significantly extend the amount of time seniors can live independently.

MetroCreative

Growing older is often equated with slowing down. Aging may be characterized as a period of decline marked by an inability to do the things you once did, but recent data indicates otherwise.

According to a report in the journal *Geriatrics*, a far more

optimistic reality awaits seniors. Nearly 45% of people age 65 and older show measurable improvements in brain health, physical function or both over time when they take certain steps to promote physical and mental wellness.

Physical activity

The Centers for Disease Control and Prevention recommends 150 minutes of moderate-intensity aerobic activity per week, supplemented by at least two days of muscle-strengthening exercises. Brisk walking or swimming can improve cardiovascular health and reduce the risk of stroke and hypertension, says the Massachusetts Council on

Skin cancer prevention for seniors

MetroCreative

Aging. Incorporating yoga or Tai Chi is vital for fall prevention, as it targets balance and flexibility. The CDC says improving joint mobility and balance can significantly extend the amount of time seniors can live independently. In addition, lifting light weights or using resistance bands helps combat age-related muscle loss, which is essential for maintaining metabolic health.

Cognitive advantages

Mental fitness is just as vital to seniors as physical fitness. According to the World Health Organization, routine cognitive stimulation enhances brain capital, delaying the onset of dementia and Alzheimer's. Strategies for effective mental engagement include:

Learning: Lifelong learning techniques include picking up a new language or learning an instrument. This helps strengthen neural pathways that allows the brain to reorganize itself even in later decades.

Play games: Play isn't just for kids; games like chess or complex puzzles improve problem-solving and memory retention, according to Nixon Adult Daycare in Houston.

Socialize: Isolation is a leading risk factor for cognitive decline, says the National Institutes of Health. Group activities like book clubs or community volunteering can offer emotional fulfillment and mental stimulation.

Power of positivity

Findings from a recent Yale University study indicated seniors with a positive outlook on aging were significantly more likely to show physical and mental improvements compared to those with negative perspectives. Psychological resilience is an important tool for seniors to stay healthy.

Movement, social interaction, stimulating activities, and a positive attitude can help seniors maintain overall health.

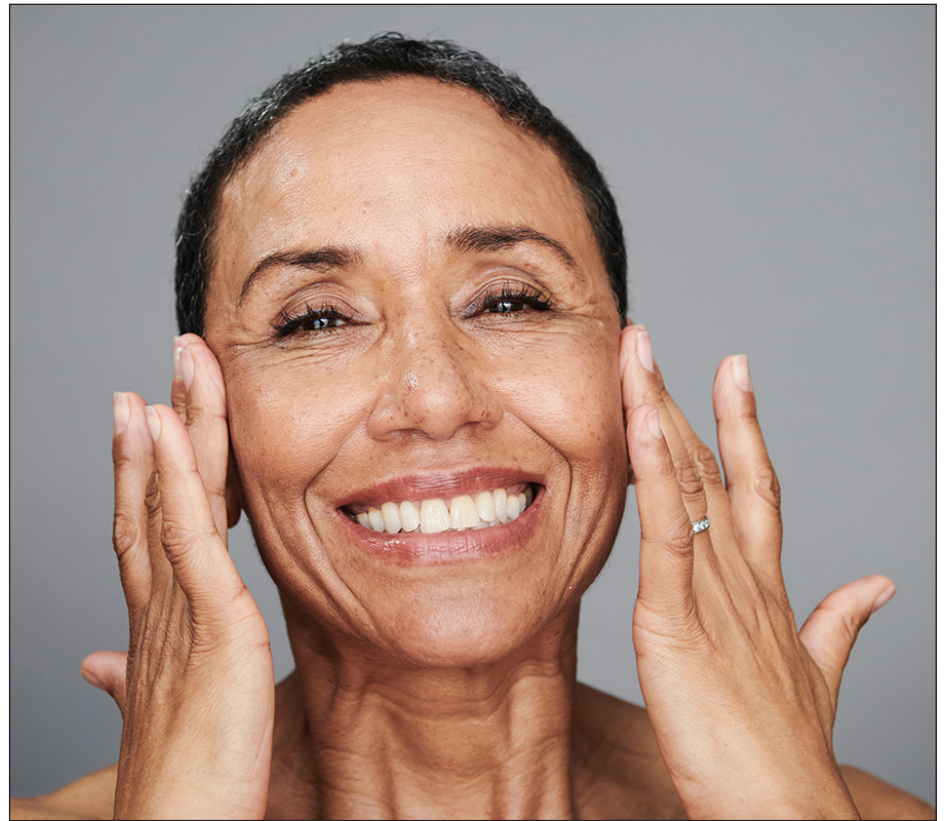
Wisdom and age frequently go hand in hand. But when it comes to knowledge of the latest medical advancements, some older adults may not be up-to-date.

Medical recommendations evolve over time. After all, it wasn't too long ago people were told to avoid foods containing high amounts of dietary cholesterol because it would raise their own blood cholesterol levels. Now MedlinePlus says the general consensus is that eating dietary cholesterol has a minimal impact on blood cholesterol for most people. And people in their 70s may have raised children thinking it was fine to lay the child in the crib on the baby's stomach. Now the advice is "back is best."

Medical professionals now know that exposure to ultraviolet rays of the sun and tanning beds can contribute to the development of skin cancer. But just a few generations ago people were slathering on baby oil and using suntan reflectors to accelerate tanning. The risk of skin cancer is raised for those who have had cumulative exposure to the sun. So it is essential that seniors practice sun safety every day so they are not adding to the damage that already may have occurred. It's also foolish to think, "I've made it this long without skin cancer, and it takes decades to develop, so I'm never going to get it."

No one knows how long they will live and it's important to take care of oneself to live as strong, healthy and long as possible. To that end, seniors can employ these sun safety tips, courtesy of the Skin Cancer Foundation.

Learn the facts. Suffering just five sunburns over your lifetime more than doubles your chances of developing melanoma, and each



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It is essential that seniors practice sun safety every day so they are not adding to the damage that already may have occurred.

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successive tan or sunburn raises the risk even further. Suntans damage the skin's DNA and age it before its time. Also, skin undergoes changes that reduce defenses against disease and healing. One bad burn as a senior may be the final straw.

Use sunscreen. Sunscreen may not have been widely used when today's seniors were young. Just because that was the norm then doesn't mean things can't change now. It's never too late to reduce your skin cancer risk by lathering on sunscreen daily – even when the sun doesn't seem particularly strong. Seniors should look for a broad-spectrum sunscreen with SPF 30 for daily use.

Wear protective clothing. Choose tightly woven, long-sleeved shirts, long pants, and wide-brimmed hats to protect you. You can purchase clothing that has sun protection built right in.

Avoid being outside during certain times of day. Stay out of the sun when it is at its peak. Radiation is typically the strongest between 10 a.m. and 4 p.m. That's when the risk for skin damage is highest, says the American Cancer Society.

Seek shade. When spending time outdoors, seek shady spots, whether you're under an umbrella or in tree-lined areas.

Sun safety for seniors is generally the same for people of all ages. But it becomes a more urgent necessity due to cumulative sun exposure that comes with age.

Types of arthritis and what's behind each



MetroCreative

Arthritis can range from mild to debilitating and stem from a variety of causes.

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Arthritis affects people all over the world. Approximately 53.2 million adults in the United States have doctor-diagnosed arthritis, says the Centers for Disease Control and Prevention. But many more suffer in undiagnosed silence. Globally, nearly 300 million people may live with arthritis.

Arthritis can range from mild to debilitating and stem from a variety of causes. Understanding what's behind arthritis can help people get the treatment they need. Here are

the major types of arthritis and their causes.

Osteoarthritis: Osteoarthritis is the most common form of arthritis, says the Cleveland Clinic. It forms as the result of wear-and-tear on cartilage, which breaks down over time. Aging, repetitive movements or previous joint injuries can cause osteoarthritis.

Gout: Gout is a metabolic condition caused by the buildup of uric acid crystals in the joints. The Mayo Clinic says the buildup occurs when the kidneys cannot filter the uric acid effectively or when the body produces too much.

Pain, swelling and tenderness can occur in the joints, often in the big toe.

Autoimmune: Some forms of arthritis are autoimmune in nature, meaning that the immune system mistakenly attacks the joints. This occurs with rheumatoid arthritis and psoriatic arthritis, according to Penn Medicine.

Infection/injury: Sometimes viral or bacterial infections or acute joint injuries can trigger arthritis, says the Cleveland Clinic.

Certain risk factors elevate the chances of developing arthritis. Risk elevates as joints

age and wear down, so older adults are more likely to experience arthritis. Carrying extra weight puts pressure on joints like the knees, so those who are overweight are more likely to get arthritis. Genetics can make a person more vulnerable to diseases like rheumatoid arthritis, and women are more likely to develop it.

There are various treatments for arthritis, and anyone in pain can work with a doctor to make lifestyle changes that can alleviate symptoms and help them live fuller lives.

Can cataracts be prevented?

MetroCreative

Vision should be cherished at every stage in life. However, as one ages and vision changes become more profound, it is even more important to stay abreast of what can be done to care for the eyes in the hopes of preventing certain

conditions, including cataracts.

Cataracts are the clouding of the eye's natural lenses. The World Health Organization estimates that cataracts affect more than 94 million people globally. Cataracts also account for nearly 45% of all blindness cases.

Even though cata-

acts are considered an unavoidable part of the aging process, some people wonder if they can be prevented. Reedsburg Area Medical Center says that, while one cannot entirely stop the biological aging of the lens, delayed onset and reduced severity of cataracts is possible

through targeted lifestyle choices.

According to Eye-Health Northwest, by age 80, more than 90% of adults will either have a cataract or have already undergone surgery for them. Technically cataracts cannot be prevented, but these steps can help push cataract development

further into later life.

Wear sunglasses with UV protection. The consensus among experts is that prolonged exposure to ultraviolet B rays accelerates the breakdown of lens proteins. Consistent use of sunglasses that offer 100% UV protection can greatly slow this protein degradation. Wraparound frames will block light from the periphery as well as the front.

Lower oxidative stress. Preventing oxidative stress, a primary driver of lens opacification, can be achieved through diets rich in antioxidants, says Premier Eye Care of Eastern Idaho. Lutein, zeaxanthin and vitamin C act as shields for the eye. Eye Physicians of Long Beach says the risk of age-related cataracts reduces by around 26% for every additional 10 mg of carotenoids added to a

person's diet.

Manage diabetes. The National Institutes of Health says individuals with diabetes face a 63% higher likelihood of requiring cataract surgery compared to those without the condition. Managing high blood sugar will prevent sorbitol from depositing in the lenses and causing cloudiness earlier in life.

Quit smoking: Smoking is a key factor in cataract development, says Optometrists.org. Smokers have a 1.66 times greater risk of developing cataracts than non-smokers because the toxins in tobacco smoke can deplete the body's natural antioxidant stores.

Although it may not be possible to turn off aging and prevent cataracts entirely, cataracts can be delayed and made less impactful through lifestyle changes.



MetroCreative

The World Health Organization estimates that cataracts affect more than 94 million people globally.

Solution to puzzle on page 6

B	A	T	A			P	U	P			E	A	U
C	L	E	G	G		E	N	E			M	A	L
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A	C	E	D		E	S	E			R	A	C	K
D	K	R			D	S	T			R	H	E	E

Death is a topic wrapped in fear and silence

BY IRENE MARINELLI

For The Dominion Post



“Life is for the living. Death is for the dead.

Let life be like music, and death a note unsaid.”

– Langston Hughes

Usually we can and do discuss aging with friends, with family somewhat freely and openly: how it affects us, how we handle growing older, the changes in our bodies, our lives. What we rarely discuss openly with anyone is what happens at the end: death and dying. It's doubtful we would find conversation about death or the fear of dying being passed around with the drinks at parties and social events. Politics and death seem to be twin topics we avoid at social gatherings.

The clinical term for fear of dying is “thanatophobia.” It comes from Greek mythology, “Thanatos” is the god of death or the personification of death. Fear of death is understandable, considering the drastic change it brings and the uncertainty of what happens to our spirit, our soul, our essence after death.

Change is almost always difficult to accept if the change is not under our control. Both mental and physical changes are certainly part of aging. One reason we probably fear aging less than death is because advertising has done its best to convince us we can, to some degree, control or even change aging. Death is final, nor is the time or place for it under our control. Looking at it from this perspective, aging takes on the appearance of a privilege. How fortunate we are to have lived this long, to have had this much time on the planet. It would be wise to focus on the things

we can control, seek purpose in our lives and try as much as possible to stay in the moment instead of allowing undue stress and worry about our future ending to shatter our contentment. We can look on aging as a new season. We can try to see it as a new environment with people to meet, places to explore, ideas to ponder, relationships to enjoy and strengthen. As we age, we can mold our life to our standards, sluff off some of society's expectations, make room for curiosity and self-awareness.

Although conversations about death and dying are often avoided, discussing this topic with a husband or wife or a close and trusted friend would not be a bad idea. Sometimes bringing our concerns and fears out into the open and talking about them can give us a new outlook. We see them from a different vantage point. For each of us, death is an individual experience, yet birth and death

are the only two things in life that are universal to every living being on the planet. This fact should bring us all closer. It should unite us. We can and we should focus on the things under our control and accept those that are beyond our powers to change or regulate.

Depending on circumstances and past experiences, fear of death can be a difficult bedfellow. This fear, if allowed to escalate, can lead to anxiety, depression. If this fear becomes excessive, it can kill all joy, fulfillment and peace. However many years each of us has left to enjoy life on this planet, we don't want that time eaten up by fear of something over which we have no control.

Sylvia Browne shares her wisdom in these words: “I do not believe it is possible to live the lives we came here to live while being perpetually braced to die.” Wise words we can all heed and follow.

SENIOR CENTERS AND FACILITIES

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Core Senior Center

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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

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When should you update your estate plan?

Simple check-ins that protect your wishes and your loved ones

BY DOREEN SEAMON

For The Dominion Post



Creating an estate plan is one of the most thoughtful gifts you can leave your family. But it's not something you do once and forget. Life changes—and your plan should keep up.

The good news is that keeping your estate plan current doesn't have to be complicated. A few simple check-ins can go a long way toward protecting your wishes, your finances, and your peace of mind.

Start With Life's Big Moments

Certain milestones are clear signals it's time for a review.

Marriage or remarriage: A new spouse may need to be included in your will or trust, and you may want to name them to make financial or medical decisions if needed.

Divorce: If you've divorced, it's important to remove an ex-spouse from your documents so your assets go where you intend.

Welcoming a child or grandchild: New additions to the family are a wonderful reason to update your plan so no one is unintentionally left out.

Loss of a loved one: If someone named in your plan passes away—or can no longer serve—you'll want to choose a new person for that role.

Changes in relationships: Families evolve. Whether relationships

grow closer or more distant, your plan should reflect your current wishes.

Keep Up With Financial Changes

Your estate plan should also reflect what you own today—not what you had years ago.

If your finances grow, an inheritance, home sale, or other financial gain may call for added planning to protect those assets.

If your finances shrink You may need to adjust gifts or expectations, so your plan still works smoothly.

Buying or selling property Real estate is often a major asset. Make sure your home or other property is properly included in your plan.

Don't Overlook Other Important Triggers

Some changes are less obvious but just as important.

Moving to a new state: Laws

vary, so your plan should match your new home state.

Health changes: A new diagnosis may mean updating health care directives or powers of attorney.

Aging decision-makers: The people you chose years ago may no longer be able to serve.

The 'Every Few Years' Rule

Even if nothing major has changed, it's wise to review your estate plan every three to five years. Think of it like a routine checkup—simple, but important.

A quick review can confirm:

Your beneficiaries are still correct
Your decision-makers are still the right fit

Your documents reflect current laws and your current wishes

Why It Matters

An outdated estate plan can lead to confusion, delays, or even family disagreements. A current plan, on the other hand, provides clarity and

confidence for everyone involved.

Most importantly, it ensures your voice is heard—no matter what the future holds.

A Little Planning, A Lot of Peace of Mind

Keeping your estate plan up to date isn't just about paperwork—it's about protecting what matters most.

With a few regular reviews and timely updates, you can rest easy knowing your wishes will be honored and your loved ones will be cared for—just as you intended.

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

JUNE EVENTS and SPEAKERS

■ Friday, June 5 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, June 9 at 10:30 a.m.

Falls Prevention Trivia

A representative from Home Instead will play a round or two of Falls Prevention Trivia. It will help you be safer during the summer, and you'll have fun winning a prize or two.

■ Wednesday, June 10

Line Dancing Class Canceled

Just a reminder, the Line dancing class has been canceled for this week. Classes will return to their normal schedule on Wednesday, June 24.

■ Friday, June 12 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, June 16 from

10 a.m. to 11:30 a.m.

Blood Pressure & Glucose Screenings

Students from WVU's School of Pharmacy will be offering free blood pressure and glucose screenings to older adults. Checking and tracking these levels can help in getting a better hold on your health.

■ Wednesday, June 17

Line Dancing Class Canceled

The line dancing class lead by Amy has been canceled for today. Amy will return to the regular schedule on June 24.

■ Thursday, June 18 from

10:30 a.m. to 12:30 p.m.

Father's Day Luncheon

Help us celebrate Dear Ol' Dad during our annual Father's Day Luncheon. Enjoy some entertainment, a delicious meal prepared by our kitchen crew, and men may win some nice door prizes. Let us know you are coming by calling 304-296-9812.

■ Thursday, June 18 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, June 19

CLOSED for WV Day

We are closed today in celebration of West Virginia's birthday.

■ Wednesday, June 24 from

10 - 11 a.m.

Line Dancing

Learn the traditional and contemporary line dances in this fun class. Your instructor, Amy, will guide you through each dance. This class is open to beginners as well as more seasoned line dancers.

■ Friday, June 26 at 10 a.m.

Bingo with Care Partners

Goble from Care Partners will lead a few games of bingo and will award prizes to the winners. Bring a friend or three and get out of the heat of summer and into the fun of bingo.

- **Keep checking Facebook for updates** •

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. 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 updates, 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

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

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 workweek.

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 to 9:45 a.m., 12:30 to 3:45 p.m.

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

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

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

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

COMPUTER LAB

Monday - Friday
8 a.m. – 3:45 p.m.

Must sign consent form

DOMINOES

Tuesday & Thursday
noon – 3 p.m.

Nutrition room

MAHJONG

Monday & Wednesday
12:30 - 3:45 p.m.

Nutrition Room

SPONSORED BINGO

Every Friday
10 – 11 a.m.

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

Age and driving: knowing when to stop

By April L. Wintermoyer

For The Dominion Post



For many people, car keys represent more than just transportation. From the moment someone gets their first car key, it's a symbol of independence and freedom. So when an older adult starts experiencing age-related changes that affect their driving abilities, they might experience denial or fear changes to their lifestyle.

By the year 2030, one in five drivers in America will be 65 or older. Freedom to travel by automobile will remain an important factor in maintaining personal independence and mental health.

It seems so normal, so routine, but driving is a complicated and demanding task. It requires continuous concentration. Anyone can be distracted. The No. 1 focus of all drivers should always be driving.

It is not always about focus or distractions. For a senior, glare from oncoming headlights can become problematic. Conditions such as glaucoma, cataracts and macular degeneration can further affect vision. Hearing changes can make it hard to notice horns, sirens, or mechanical issues with the vehicle. Reflexes slow down, and joint stiffness can make it harder to turn the head or respond quickly to road conditions.

Ideally, older adults will recognize the signs that driving may no longer be a good idea. Before the situation becomes dangerous, they should talk to their doctor or loved ones about their concerns.

Unsafe Senior Driving: What Are the Warning Signs?

Most of us would be very reluctant to accept that there's a problem. In

those cases, family members should watch for telltale signs such as:

- Frequent close calls, near-misses, or minor crashes
- Minor fender benders, or newsclapes, dents, or damage on the car with unclear explanations
- Difficulty staying in the lane or drifting toward the center line
- Trouble at intersections (misjudging gaps, turning wide, running lights)
- Two or more traffic tickets or warnings within the last two years
- Increases in car insurance premiums because of driving issues

How To Evaluate Senior Driving Abilities

When concerns arise, a professional driving evaluation can provide objective answers. According to AAA (<https://exchange.aaa.com/safety/>), there are two main types of assessments available:

A driving skills evaluation includes an in-car review of driving abilities and recommendations for any specialized training needed.

A clinical driving assessment is done by driving rehabilitation specialists. These assessments go deeper than a driving skills evaluation. The specialist identifies underlying medical

causes of driving performance issues and offers ways to address them so driving can remain a safe option.

Do an internet search for services in your area, or check with your local AAA club if you are a member. Your auto insurance company may also have some recommendations.

How To Steer a Difficult Conversation

If the senior driver doesn't take the lead in talking about their driving abilities, it will be up to family members. It may be challenging, but it's essential for everyone's safety. For help with this discussion, family members can refer to Right at Home's RightConversations® Guide (www.rightathome.net/resources/guides/right-conversations) for advice on talking with their loved one about their driving abilities.

Dr. Barbara Resnick, past president of the American Geriatrics Society, suggests starting with a general question: "How comfortable do you feel when you're behind the wheel?" Follow up with specific questions about night driving, highway driving, unfamiliar routes, and whether there have been any recent bumps or crashes.

Dr. Resnick also recommends in-



Submitted photo

Ideally, older adults will recognize the signs that driving may no longer be a good idea on their own.

volving the older adult's health care provider in these discussions. "I think it's best when the older adult's provider acts as the voice of reason in these cases, even if it means them becoming 'the bad guy,'" she explains. The health care provider can frame the discussion in terms of the older driver's medical issues. For instance, they might note that the senior's arthritis doesn't allow sufficient head turning for safe driving, or that their vision or hearing isn't clear enough. You can read more from Dr. Resnick at Ask the Expert: How to Help Older Drivers Stay Safe on the Road | HealthInAging.org <https://www.healthinaging.org/tools-and-tips/ask-expert-how-help-older-drivers-stay-safe-road>

Key Safety Tips for Senior Drivers

1. Get regular vision and hearing checks
Eyesight and hearing are critical for spotting hazards, reading signs, and reacting to traffic.
Even small changes in vision (glare, night driving) can affect safety.
Ask your eye doctor specifically about driving vision.
2. Review medications with a doc-

tor or pharmacist
Some prescriptions and over-the-counter medicines can cause drowsiness, dizziness, or slower reaction time.

A quick medication review can identify risks before they affect driving.

3. Choose safer driving conditions
Drive during daylight and good weather when possible.

Avoid rush hour, heavy traffic, or unfamiliar routes if they cause stress.
Plan routes in advance to avoid last-minute decisions.

4. Adjust the vehicle for comfort and control

Sit high enough to see over the steering wheel clearly.

Keep at least 10–12 inches between the chest and the steering wheel.

Adjust mirrors to minimize blind spots.

Use vehicles with modern safety features if available (backup cameras, blind-spot alerts).

5. Stay physically active

Regular movement helps maintain flexibility, strength, and neck rotation—all of which are important for checking mirrors and blind spots.

Gentle exercises can make a notice-

able difference in driving comfort.

6. Refresh driving skills
Consider a refresher course designed for older adults.

These courses review traffic laws, defensive driving, and new road designs.

Many people find they gain confidence and feel safer.

7. Be honest about changes in driving ability

Slower reaction time, confusion at intersections, or close calls are warning signs.

Limiting driving (shorter trips, familiar roads) can be a smart first step.

Planning alternatives early (rides from family, community transport) reduces stress later.

8. Talk openly with family
These conversations are most effective when they emphasize safety and independence rather than blame.

Framing it as "planning ahead" often feels more respectful and supportive.

What Driving Alternatives Are Available for Seniors?

If the evaluation or health care provider determines it's time to stop driving, the key is having a "Plan B"

ready so the older adult can maintain mobility and independence. Fortunately, there are more options than ever before.

A creative family solution might even be possible. As Dr. Resnick suggests, giving the car to a beloved grandchild can be a win-win. It'll make the grandchild happy, and the bargain can include occasional chauffeuring for the senior.

Senior Driving: The Road Ahead

For older adults, the most important step is to be honest about their driving abilities. For family or friends, it is important to start the conversation early, before a crisis forces the decision. Being proactive and exploring options together will help the senior navigate this transition with dignity.

They can continue enjoying an active, connected lifestyle, but with someone else behind the wheel.

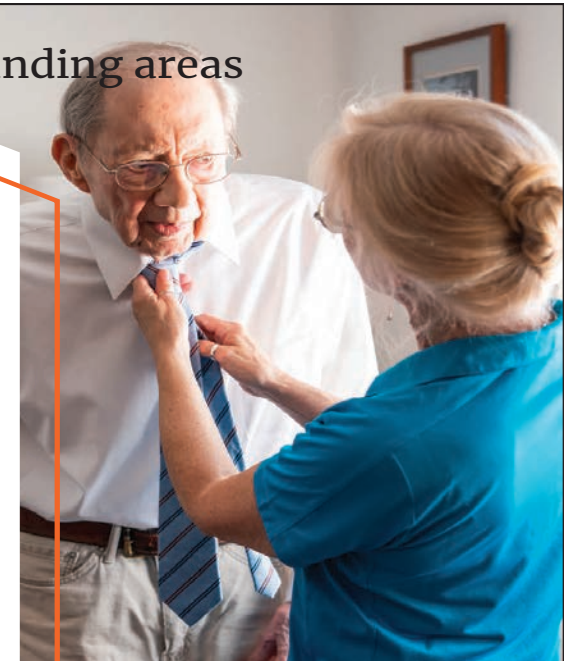
April Wintermoyer is the Owner and Operations Manager of Right at Home in North Central West Virginia and the upper Ohio Valley. You can reach her at 304-296-6600 or at april@rahcares4u.net

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