Senior Post

Living well and gracefully through the golden years

Safety first for summer fun

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INSIDE

THE DOMINION Post®

Did you know?

Men and women may have more free time after 50 than they had in previous decades.

As children grow more independent and even leave the house, parents look to various activities, including travel, to fill their free time. Travel is often seen as a luxury, but heading off for parts unknown can produce some serious health benefits. A joint study from the Global Coalition on Aging and the Transamerica Center for Retirement Studies found that women who vacation at least twice a year have a lower risk for heart attack than those who travel once every six years.

The study also found that men who do not take annual vacations are at a significantly higher risk of death (20%) and heart disease (30%) than those who make who take time to get away each year. Vacations don't even need to be long to produce significant, positive results.

A 2018 study published in the International Journal of Environmental Research and Public Health found that a four-day long weekend vacation positively affected well-being, recovery, strain and perceived stress for as long as 45 days.

Safety first for summer fun

Preston County nurse offers some tips for seniors

BY JENIFFER GRAHAM
For the Dominion Post

KINGWOOD - Summer is looked at as a time for fun. It is the warmest and brightest season of the year. It's a time for barbecues, swimming, vacations and just regular old summer fun. The longer days and warmer weather provide plenty of opportunities for seniors to stay active: morning walks, bird-watching, bicycling, gardening or traveling.

Here are some tips on how to stay safe this summer.

According to Jeannie Welch, a registered nurse at the Preston County Health Department, summer is a time for vectorborne diseases from ticks, mosquitoes and rabid animals.

"We encourage people to look around their yards and properties and remove debris, trash or other items where water can collect as

these can be breeding grounds for mosquitoes. If collecting water in water barrels for gardening, we recommend covering them with fine mesh screens to prevent mosquito access," she said.

Mosquitoes can lay eggs in small amounts of water. Removing breeding sites around the home by emptying standing water from flower pots, buckets, barrels and tires; changing the water in pet dishes regularly; replacing water in bird baths weekly; drilling holes in tire swings so the water drains out; emptying children's wading pools and storing them on their side when not in use; and emptying standing water from canoes and boats.

"People should not approach or feed wild animals. If a wild animal attacks you, a pet or livestock, you should seek medical or veterinary advice, Welch said. "It spreads through saliva, so take measures to avoid contact with it. If you wake up with a bat in your bedroom, seek medical advice. Their teeth are so small, you may not know you were bitten. WV Code §19-20A-2. requires that dogs and cats be vaccinated against rabies. It is highly recommended that livestock be vaccinated as well," she said.

Welch said regarding summer travel, people should ensure their vaccines are up to date. When traveling out of the country, additional vaccines may be needed or recommended. Go to https://wwwnc.cdc.gov/travel to search for required and recommended vaccinations for the area you will be visiting. Some of those vaccines may be available through your healthcare provider or pharmacy but some traveler's vaccines may only be found at a travel clinic. It is important to check into needed vaccines early as some may require a series that takes several months to complete.

With the recent heat wave, heat-related illnesses may also be a good topic. Lots of people travel to beach areas and other locations with higher temps so be sure to familiarize yourself with the dangers of extreme heat and have access to plenty of drinking water.

Most skin cancers are caused by too much exposure to ultraviolet light. UV rays are an invisible kind of radiation that comes from the sun, tanning beds and sunlamps. UV rays can damage skin cells. Sunscreen, hats and clothing in light, breathable fabric are a must to protect yourself.

The Preston County Health Department is located on the second floor of the Courthouse Annex. Call 304-329-0096 or go to its Facebook page for more information.

Did you know?

Many people are familiar with a traditional mortgage that is used to finance the purchase of a home

Many people are familiar with a traditional mortgage that is used to finance the purchase of a home. But individuals are not limited to only one mortgage. A second mortgage is an additional loan individuals can take out on a property that already has a primary mortgage, according to PNC Bank.

A second mortgage enables homeowners to borrow against the equity they have built in their property, which equates to the difference between the home's current market value and the remaining balance on the first mortgage. Second mortgages are riskier for lenders because the second mortgage is in a "junior" position. This means that, in the case of foreclosure or default, the first mortgage lender gets paid first, according to Bankrate. Lenders typically allow a person to borrow up to 80% of their available equity, depending on home value, income and credit standing.

Second mortgages may come in two main forms: a home equity loan and a home equity line of credit. The HELOAN provides a one-time lump sum and a fixed interest rate and fixed payments. A HELOC acts like a credit card and offers a revolving credit line. The interest rate is typically variable and a person can draw funds as necessary during the draw period.

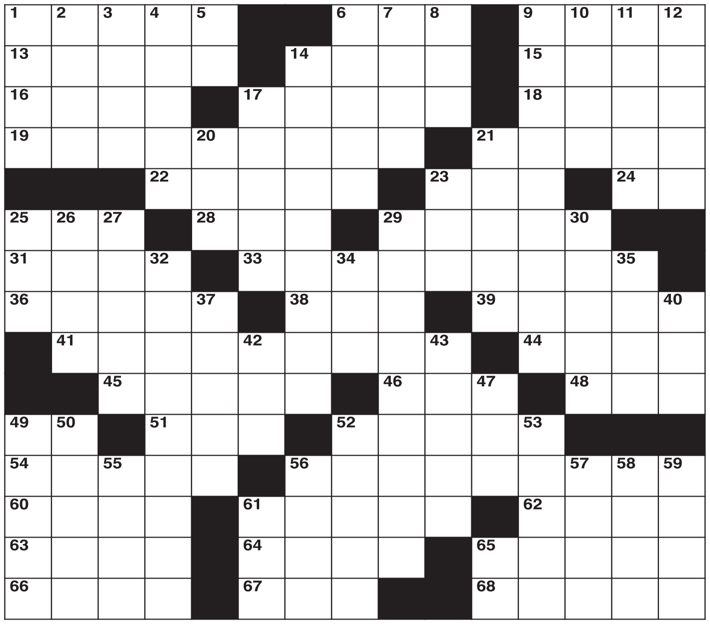
Did you know?

Immunization schedules are often discussed in relation to vaccinating young children, but vaccines also are an important component of health care for adults

Despite that, vaccination rates among adults in the United States are low.

According to the Centers for Disease Control and Prevention, in 2024 flu vaccination rates among adults were below 50% and vaccination rates were below 25% for both COVID-19 and respiratory syncytial virus (RSV).

Adult vaccination rates also are low in Canada, where the 2023 Adult National Immunization Coverage Survey found that just 44% of adults received the influenza vaccine during the 2022-23 flu season and just 55% of adults age 65 and older received the pneumococcal vaccine, which various public health agencies, including the CDC, recommend all adults over 50 receive.



CLUES ACROSS

1. Bleated
6. Snakelike fish
9. Database management system
13. Social evolution anthropologist Service
14. American rocker Grohl
15. Greek personification of compassion
16. Negatives
17. Rescued
18. Self-immolation by fire ritual
19. Assigns tasks
21. Popular type of cigar
22. Discounts
23. The whole quantity
24. New York Giants legend
25. Indicates before
28. Lentils
29. Extremely angry
31. Body part
33. "North Star State"
36. David __, US playwright
38. Lower and raise one's head
39. Private rendezvous
41. In a way, improved
44. A place to play
45. Astronomical period of 18 years
46. Automobile
48. Something you can take
49. A radio band
51. Jaws of a voracious animal
52. Short-billed rails
54. Chinese province
56. Shameless
60. Horizontal passage from the surface into a mine
61. Indian respectful titles
62. Fail to entertain
63. Dried-up
64. Central Utah city
65. Southern U.S.
66. German river
67. Necessary for breathing
68. Put into play

CLUES DOWN

1. Curved segment
2. Wings
3. Yellowish volatile liquid
4. Makes less severe
5. Debit note
6. Overhang
7. The nights before
8. Type of light
9. Lacking enthusiasm
10. Tattle
11. Some is "heavy"
12. One who is canonized
14. Indicates date and place of writing
17. "Peace" in Arabic
20. "Olaf" actor Josh
21. Fragmented rock
23. They __
25. Advanced degree
26. Backside
27. Influential architect and design couple
29. An act of undue intimacy
30. Words from which later words are derived
32. 10 meters
34. Neither
35. Fungal sacs
37. The law of God revealed to Moses
40. A woolen cap of Scottish origin
42. A promise
43. Challenges
47. British Air Aces
49. Large bank
50. Served as an omen
52. Cavalry sword
53. Vaccine developer
55. Belgian WW2 resistance leader Jules
56. Italian Seaport
57. Hip joint
58. __ Clapton, musician
59. Insect repellent
61. Constrictor snake
65 "The First State" (abbr.)

Solution on page 9

Is MOVING the RIGHT MOVE

Retirement may lead some people to ponder if it's the right time to sell their homes.

After RETIREMENT?

MetroCreative

In spite of burnout and exhRetirement is a milestone moment in life. Each person has their own vision of an ideal retirement. Some may want to travel the world. Others may look for a second career or a chance to volunteer in support of a cause near and dear to their hearts. Retirement also may lead some to ponder if it's the right time to sell their homes.

Retirement is often associated with downsizing a home, but data indicates that even seniors who sell are not necessarily moving into smaller homes. A spring 2026 report from the National Association of Realtors found that seniors between the ages of 61 and 70 who sold a 2,000-square-foot home between June 2024 and June 2025 typically moved into a similarly sized property.

Downsizing may not be compelling seniors to move after retirement, but that doesn't mean newly minted retirees should not give the idea of moving ample consideration. In fact, there are many reasons to move after retiring, and considering those factors can help seniors determine if moving is right for them.

Real estate market: Real estate markets fluctuate, and retirees can monitor home

prices where they currently live and where they might want to move to see if the time is right to relocate. If prices are high in your current market and low in areas where you may want to spend your retirement, then a relocation might enable you to pocket a sizable amount of money, which can then be redirected toward retirement expenses like travel, entertainment and health care.

Taxes: Working with an experienced tax attorney can help retirees determine if moving is in their long-term financial interest. Capital gains taxes, income taxes, and property taxes are just some of the financial variables affected by location. Retirees could save substantial amounts of money by moving to locations with lower tax obligations. Those savings can help to ensure seniors do not outlive their money. Even if you're attached to your current home, the tax savings associated with relocating to a more retiree-friendly locale may be too great to pass up.

Maintenance: While financial considerations may be foremost on the minds of retirees pondering a move, it's equally important to ask if you can keep up with the maintenance associated with your current home. There's also the question of desire in relation to home maintenance. If you're physically incapable of routine maintenance tasks or simply want someone else to handle chores like maintaining the landscape, then a move to a 55+ community where maintenance is paid for by monthly homeowners' association fees might be the best decision.

Family: Modern families tend to spread out. According to the Pew Research Center, 32% of adults with a postgraduate degree do not live near any extended family members. But 42% of such adults live within an hour's drive of some extended family members. Retirees who aspire to reconnect with grown children and build strong relationships with grandchildren who may live an hour or more away might consider relocating to be closer to the people they love most.

Seniors considering a relocation in retirement can ponder a number of variables to determine if a move is in their best interest.

Five reasons to draw up a will

MetroCreative

It is easy to put off estate planning for another day. But having a legally binding will drawn up is one of the most important financial and personal decisions a person can make. A will is not merely a document for the wealthy who have significant portfolios and real estate holdings. A will is a vital tool that honors a person's wishes, protects their assets and spares their loved ones unnecessary hardships during a time of profound grief.

Here are the five reasons why drawing up a will is important.

1. Control asset distribution

Without a will, a person will die intestate. According to MetLife, state intestacy laws dictate who inherits a person's property, regardless of the decedent's actual relationships or verbal promises. A will gives an individual sole authority to decide exactly who receives their real estate, savings, family heirlooms, and investments, preventing potential disputes among surviving relatives.

2. Appoint a guardian for minor children

For parents, this is often the most critical function of a will. If both parents pass away unexpectedly without naming a legal guardian for their minor children, a court will decide who raises them, indicates Snyder Law. A will allows people to choose a trusted individual who shares their values, ensuring children are cared for by someone who parents and children know and trust.

3. Streamline the probate process

All estates must go through probate in the United States. Investopedia says probate is the court-supervised process of distributing assets. Dying without a will complicates and prolongs this process, requiring the court to appoint an administrator and trace legal heirs. A valid will accelerates probate, minimizes legal fees, and allows beneficiaries to access their inheritance much faster.

4. Designate an executor

An executor manages the decedent's estate — paying off final debts, closing accounts, and distributing assets according to instructions, indicates TIAA. By drawing up a will, one can select a reliable, highly capable individual to handle these complex duties, rather than leaving them to the court.

5. Minimize estate taxes

A will can be structured to reduce the tax burden on heirs, says Empower. Through strategic asset distribution, establishing trusts or making charitable bequests, a person can shield a larger portion of their estate from inheritance or estate taxes.

Taking the time to draw up a will is a final act of care and responsibility that protects one's legacy and provides peace of mind for family.

MetroCreative

A valid will accelerates probate, minimizes legal fees, and allows beneficiaries to access their inheritance much faster.

Necessary components of an estate plan

MetroCreative

Estate planning can help solidify finances and secure a person's legacy upon their death. Despite that, this crucial and useful step is often delayed and sometimes even avoided entirely. Modern estate planning is a vital component that can preserve assets and shield family members from emotional and financial turmoil during a stressful time, according to Charles Schwab.

An effective estate plan goes far beyond a single legal document. Attorneys typically advise five essential documents to cover both asset management and health care transitions. Here's a deep look at the essential components of estate planning.

■ A last will and testament: A will outlines how tangible and intangible assets should be distributed. A will also is where parents appoint legal guardians for minor children.

■ A living trust: This document helps manage property during an individual's lifetime and facilitates a seamless transfer of assets to beneficiaries, allowing families to avoid the lengthy, public, and costly probate court process, according to Drexel.

■ Durable power of attorney: MetLife says this grants a trusted individual the authority to oversee financial matters, pay bills and manage investments if the owner becomes incapacitated.

■ Health care power of attorney: According to New York Life Insurance, a health care power of attorney appoints a surrogate decision-maker to handle medical choices when an individual is unable to speak for themselves.

■ A living will: Also called an advance directive, this explicitly states an individual's preferences regarding end-of-life medical treatments, such as mechanical ventilation or artificial nutrition, says the National Institute on Aging.

Despite the critical protection these documents offer, a gap remains between the necessity of estate planning and actual follow through by the public. According to data from the Financial Industry Regulatory Authority National Financial Capability Study, only 54% of surveyed investors have a will in place. Among the greater adult population, that percentage drops significantly, often driven by the misconception that a person is not old enough or wealthy enough to warrant an estate plan. Without these legal designations, the responsibility to dictate asset distribution will fall to the court, where the deceased's actual preferences may not be taken into consideration.

Ultimately, estate planning ensures that a person's final chapters are defined by their own choices, shielding loved ones from administrative chaos and securing a family's financial future. It's important that all adults speak with a qualified attorney about an estate plan at their earliest convenience.

MetroCreative

It's important that all adults speak with a qualified attorney about an estate plan.

Solution to puzzle on page 6

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

Learning from our mistakes takes thought and courage

BY IRENE MARINELLI
For The Dominion Post

"The person who never made a mistake never tried anything new."
— Albert Einstein

Who among us, my gentle reader, has never made a mistake? From the small missteps of saying the wrong thing at the wrong time to a mistaken choice of a marriage partner, mistaken choices, both small and large may haunt our past and even break into our future. In the words of Miles Burke, "Mistakes either become lessons or they become failures." We either learn from our mistakes or simply ignore them or allow them to make us feel like failures. A multitude of books and articles have been written about success, but until a couple of decades ago, there was not much light focused on failed choices and mistakes. Now there is research out there that points to ways we fail to make the right choices, decisions and how to learn from these mistakes.

Obviously, the first thing that must happen if we are to learn from our mistakes is owning them, admitting responsibility for whatever mistake we make. Not so easy for many of us! Excuses run rampant through our minds, often pointing to a person or situation that is responsible for a mistake we made. The opposite side of this coin is the natural inclination to beat ourselves up for whatever misstep we made. Neither way works if our goal is to learn from our errors. We must accept the fact that we are human. We are not, nor ever will be, perfect. We are all prone to making errors in judgment. This works on paper, but truly accepting our own faults, our own imperfect humanity, does not come easily to many of us. Psychologist Kristen Neff coined the term "caring force." She sees this caring force as self-reflection, self-compassion and self-acceptance. It is easier to see our errors, both large and small, through the lens of this caring force, and therefore easier to learn from them without self-recrimination.

For some of us learning from our mistakes is easier than for others. There was an interesting experiment where mice were put into a shallow tub that had a wooden float at the right side. The first time the mice were put into the water they swam around until they found the float and scrambled aboard. The second time they were put in they swam right to the float and climbed aboard. Then the float was moved to the left side of the tub. Some of the mice began to swim to the side where the float had originally been, but then quickly changed direction and found the float. However, there were a few mice who kept going to the original site of the float and never looked for it anywhere else in the tub. They would have drowned if the researchers had not removed them from the water. They never learned from their mistake of going to the original site of the float.

It seems that the only shortcut to learning from our own mistakes is learning from the mistakes of others.Warren Buffett, philanthropist and investor, said, "It's good to learn from your mistakes but it's better to learn from other people's mistakes." Good advice, as both the life around us and the history we read and learn from show us mistakes and blunders we can avoid. Learning from the mistakes of others can help us bypass painful experiences. We adopt the wisdom of not making the mistakes others have made. For this, we need to cultivate our curiosity. This helps us avoid mistakes and choose to walk a different path.

SENIOR CENTERS AND FACILITIES

Monongalia County

Clay-Battelle Senior Center
5977 Mason Dixon Hwy., Blacksville • 304-432-8177

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

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

Westside Senior Center
500 Dupont Road, Westover • 304-296-6583

Westside Senior Center, Westover

Preston County

Newburg Senior Center
100 Wolfe St., Newburg • 304-892-4662

North Preston Senior Center
WV Rt. 26, Bruceton Mills • 304-379-1165

Preston County Senior Citizens
108 Senior Center Drive, Kingwood • 304-329-0464

Rowlesburg Senior Center
44 Poplar St., Rowlesburg • 304-454-2012

Terra Alta Senior Center
212 E. Washington Ave., Terra Alta • 304-789-2415

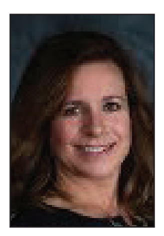
Tunnelton Senior Citizens
1266 Senior Drive, Tunnelton • 304-568-2151

Valley District Senior Center
54 W. Highland Ave., Masontown • 304-864-6465

Protecting loved ones from funeral debt

Steps today can spare your family stress tomorrow

BY DOREEN SEAMON
For The Dominion Post



It's not an easy topic to talk about—but it's an important one. Planning ahead for funeral arrangements may feel uncomfortable, yet it's one of the kindest things you can do for your loved ones.

Why? Because without a plan, families are often left to make quick decisions during a time of grief—sometimes at a significant financial cost.

The Rising Cost of Saying Goodbye

Funerals are more expensive than many people realize. Today, the average cost of a traditional funeral with burial is over $8,000, while cremation typically exceeds $6,000. And depending on location and services, costs can climb even higher.

For many families, these expenses come as a surprise—and a burden.

Recent surveys show:

- About 1 in 3 Americans have taken on debt to pay for a loved one's funeral
- More than half say they couldn't cover the cost without borrowing

That means grief is often accompanied by financial stress.

When Grief Meets Financial Pressure

Losing a loved one is hard enough. Adding unexpected bills can make it even more overwhelming.

Families may:

- Put expenses on credit cards
- Take out loans
- Delay paying other bills

This can lead to ongoing stress long after the funeral is over.

The good news is that a little planning can prevent much of this.

Start With a Conversation

One of the most important steps is simply talking with your family.

Consider sharing your wishes:

- Burial or cremation
- Type of service (funeral, memorial, celebration of life)
- Religious or cultural traditions
- Any personal touches you'd like included

These conversations don't have to be formal. Even a basic understanding can help your loved ones feel more confident and less burdened when the time comes.

Put Your Wishes in Writing

In addition to talking, it's wise to document your preferences.

You can:

- Include general instructions in your will
- Prepare a written summary of your wishes
- Appoint someone you trust to carry them out

Keep in mind that wills are often reviewed after funeral arrangements are made, so make sure your family knows your preferences ahead of time.

You may also consider a health care power of attorney or advance directive, which allows someone to make decisions on your behalf if you're unable to do so.

Plan Without Overpaying

Some people consider prepaying for funeral services. While this can work in certain situations, it's not always the best option.

Prepaid plans may:

- Lock you into specific services
- Include hidden fees
- Offer limited flexibility if your wishes change

Instead, many people choose to:

- Set aside funds in a savings account
- Use a payable-on-death account
- Include funeral expenses in their overall estate plan

This approach keeps your options open while still protecting your family.

A Gift of Peace of Mind

Taking time now to plan ahead can spare your loved ones from difficult decisions and unexpected expenses later.

It's not just about finances—it's about easing the burden during one of life's hardest moments.

The Bottom Line

You don't have to plan every detail. But having a conversation, writing down your wishes, and setting aside funds can make all the difference.

In the end, thoughtful planning is a final act of care—one that gives your family clarity, comfort, and peace of mind when they need it most.

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.

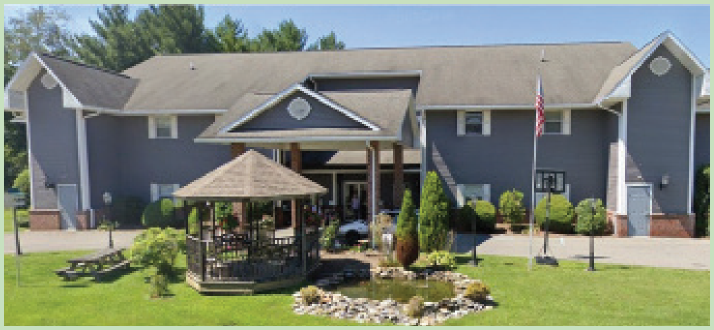
CARDS AND GAMES: Tuesday and Thursday mornings are especially active for our card plays and anyone is invited to join in. Playing usually starts around 9:30.

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

AUGUST EVENTS and SPEAKERS

Thursday, August 6 at 11 a.m.

■ **August Birthday Party**

Chelsea from Peak Health is hosting our monthly Birthday Party. Join us as we celebrate all those born in August. Enjoy yummy treats and cool down with a fizzy cup of punch.

Friday, August 7 at 10 a.m.

■ **Bingo wi/th 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.

Wednesday, August 12

■ **Line Dancing Class Canceled**

Just a reminder, the Line dancing class has been canceled for this week.

Friday, August 14 at 10 a.m.

■ **Bingo with Choice Care**

Heather from 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.

Wednesday, August 19

■ **Line Dancing - CANCELED**

Just a reminder that our Line Dancing Classis canceled for this week. Amy will return to her regular class schedule next week.

Thursday, August 20 from 10:30 a.m. to 12:30 p.m.

■ **End of Summer Party**

Summer is quickly winding down and football season is already upon us. Let's have one last summer party before the weather gets too cold. Join us for a fun filled morning.

Thursday, August 20 starting at 6 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 5:00 p.m. and games begin at 6:00 p.m. Proceeds from these events benefit the programs and services offered by Senior Monongalians.

Friday, August 21 at 10 a.m.

■ **Bingo with Cornerstone Caregiving**

Jessica from Cornerstone Caregiving will lead a few games of bingo and will award prizes to the winners. Grab a friend or two and come into the air conditioned fun of bingo. Be sure to stick around to be a part of our 50/50 Cash "Cover All:" game. It's $2 to play and half of the entry fees will benefit the activities and festive luncheons offered by Senior Monongalians.

Tuesday, August 25 at 10:30 a.m.

■ **The Importance of Good Foot Health & Support**

If you experience foot pain throughout the day it can affect your overall mood and health. Stacie from Foot Solutions will be joining us to discuss the connection between good foot health and wearing shoes that support your feet in the right way.

Friday, August 28 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 5 p.m. The first game will begin at 6 p.m. This event is open to adults 18 years and older only.

See you there!

SENIOR MONONGALIANS

TRANSPORTATION PROGRAM

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

With the ever-rising costs of fuel and maintenance on our vehicles, we ask for a donation to help defray some of these costs. The suggested donation is $2 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 who are home bound. Drivers also perform a well check as they speak to meal recipients. Deliveries take place Tuesday through Friday. Clients will receive a hot meal on each of these days. A cold meal will be included on Fridays to be used for the following Monday. This will ensure that clients will have a meal during the work week.

Who is eligible to receive meals? Monongalia county residents at least 60 years of age or older and meet other requirements. This service can be used on a long-term or a temporary basis. The HDM program is a donation-based service. Currently, the HDM program is on a waitlist. As clients discontinue meal delivery, those on the waitlist will be contacted. If you are interested in the home delivered program, call
304-296-9812.

DAILY ACTIVITIES SCHEDULE

Subject to change without notice

POOL TABLES

Monday: 8 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
8:00 a.m. – 3:45 p.m.
Must sign consent form

MAHJONG

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

SPONSORED BINGO

Every Friday
10 – 11 am

50/50 COVER ALL CASH BINGO GAME

Fridays: 10:45 a.m.

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

EXERCISE ROOM

Must sign a release form.
Call for availability, 304-296-9812.

SENIOR EMERGENCY ASSISTANCE

If you are a senior and find yourself in need of emergency assistance, the following is a list of locations where heating, food, pet food, and other emergency help can be obtained.

Catholic Charities
827 Fairmont Road, Suite 203, Westover | 304-292-6597

Christian Help, Inc.
219 Walnut St., Morgantown | 304-291-0221

DHHR
Monongalia County
114 S. High St., Morgantown | 304-285-3175
Preston County
18351 Veterans Memorial Hwy., Kingwood | 304-329-4340

North Central West Virginia Community Action
Marion County
215 Scott Place, Fairmont | 304-363-4367
Preston County
428 Morgantown St., Kingwood | 304-363-2170

The Connecting Link
235 High St., Morgantown | 304-296-3300

Salvation Army - Monongalia County
1264 University Ave., Morgantown | 304-296-3525

Salvation Army - Preston County
124 Morgan St., Kingwood | 304-329-1245

Catholic Community Charities - Preston County
304-329-3644
The Raymond Wolfe Center is the only food pantry in Preston County that has specialized diet foods (diabetic, salt free, etc.). It also has some pet food available. Call to check availability.

The following locations are for Preston County residents only:

Wesley United Methodist Church
304-329-0707

St. Vincent DePaul Helpline
304-329-6229

Heat for Preston (January - March only)
304-329-2316

Terra Alta Council of Churches (Terra Alta residents only)
304-789-2509

Understanding medication compliance: the key to aging safely and independently

By April L. Wintermoyer
For The Dominion Post

Managing medications becomes an increasingly central part of daily life as we age. For many seniors, a daily routine involves balancing multiple prescriptions, over-the-counter supplements, and specific dosing schedules. While these medications are vital for managing chronic conditions, preventing complications, and maintaining quality of life, a significant challenge remains: medication compliance.

Medication compliance (or adherence) simply means taking the right dose of the right medicine at the right time, exactly as prescribed by a healthcare provider. Yet, studies show that nearly half of all medications for chronic conditions are not taken correctly. Health professionals struggle to understand and to find the reasons why patients don't take their medications as prescribed. This knowledge will help teams identify and improve patients' adherence to their medications. For seniors, non-compliance can lead to serious health setbacks, avoidable hospitalizations, and a loss of independence.

Understanding why compliance is difficult is the first step toward building safer, healthier routines.

Provided photo

Simple tools like color-coded pill organizers, automatic pill dispensers or smartphone alarms can take the guesswork out of daily dosing.

Common Barriers to Medication Compliance

When an individual misses a dose or stops taking their medication, it is rarely out of simple neglect. The reasons are usually highly practical, emotional, or physical.

■ Complex Regimens: Many older adults manage multiple chronic conditions, leading to "polypharmacy"—taking five or more medications daily. Balancing different pills that must be taken at varying times (e.g., before breakfast, twice a day, or right before bed) can quickly become overwhelming and lead to accidental omissions.

■ Physical and Cognitive Challenges: Mild cognitive impairment or early-stage dementia can make remembering schedules difficult. Physical barriers also play a massive role; arthritis can make opening child-proof pill bottles frustrating, and declining vision can make it hard to read the tiny print on prescription labels.

n Fear of Side Effects: If a medication makes a person feel dizzy, nauseous, or unusually fatigued, their natural instinct may be to stop taking it. Seniors often discontinue a drug without consulting their doctor because the immediate side effects feel worse than the underlying condition.

■ The "Feel Better" Trap: For asymptomatic conditions like high blood pressure or high cholesterol, individuals don't "feel" sick. Conversely, if an individual takes an antibiotic or a new maintenance drug and starts feeling much better, they may falsely assume they are cured and stop taking the medication prematurely.

■ Financial Constraints: The rising cost of prescriptions forces many seniors on fixed incomes to make impossible choices. To stretch their budget, some may split pills in half or skip doses entirely, unaware that they are drastically reducing the drug's effectiveness.

Practical Steps to Staying on Track

Overcoming these hurdles often requires a mix of simple tools and open communication with your healthcare team. Here are a few reliable strategies to improve compliance:

1. Utilize Organization Tools: Simple tools like color-coded pill organizers (Pillboxes), automatic pill dispensers, or smartphone alarms can take the guesswork out of daily dosing.
2. Consolidate Your Pharmacy: Using a single pharmacy for all prescriptions allows the pharmacist to cross-reference medications, flag potential drug interactions, and coordinate refill dates (often called medication synchronization).
3. Have Candid Conversations: If costs are too high or side effects are bothersome, speak up. Doctors can often prescribe an equally effective generic alternative or adjust the dose to minimize discomfort.
4. Lean on In-Home Support: For those who need an extra layer of safety, professional in-home caregivers can provide invaluable medication reminders, help open tricky packaging, and document daily adherence to give families peace of mind.
5. Medications Dispensers such as daily pill-minders or Right at Home's HERO Medication dispenser, which can remind individuals of up to 20 prescriptions at multiple and varying schedules. Our HERO securely houses and dispenses 10 medications in its internal carousel while maintaining the option for 10 external medication reminders.

The Bottom Line

Medications are powerful tools for longevity, but they only work if they are taken correctly. By identifying personal barriers to compliance and implementing the right support system, seniors can successfully protect their health, maintain their vitality, and continue living safely at home.

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

Provided photo

Mild cognitive impairment or early-stage dementia can make remembering medication schedules difficult.

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