

Senior Post

Living well and gracefully through the golden years

**What is
Parkinson's
Disease?**

APRIL 2024
A MONTHLY MAGAZINE BY

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Senior Post

Living well and gracefully through the golden years

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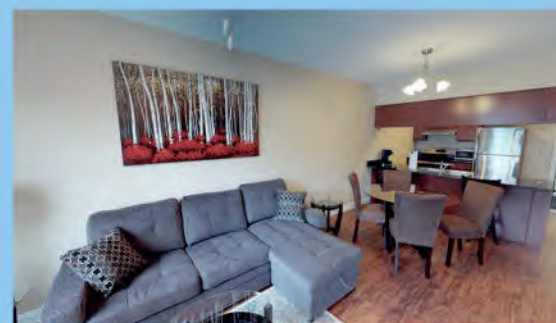
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Senior Monongalians

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

Westside Senior Center

500 Dupont Road, Westover • 304-296-6583

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 Avenue, Masontown • 304-864-6465



Westside Senior Center



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- ▶ **World-Class Amenities:** Indulge in a lifestyle of leisure and wellness with our state-of-the-art amenities. From art and fitness classes to gourmet dining, every aspect of our community is curated to elevate your daily experience.
- ▶ **Expert Care & Support:** At The Village at Heritage Point, your well-being is our top priority. Our team of dedicated professionals ensures that you receive personalized care, providing you with the peace of mind to savor every moment.
- ▶ **Legacy Events:** Immerse yourself in a vibrant community where every day is an opportunity to create lasting memories. Our Legacy Events are designed to celebrate life, fostering connections and enriching your experience.

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Mon Vandalia Health

Understanding your finances



BY DOREEN SEAMON
for The Dominion Post

We can always find something to worry about, but a survey by Bay Alarm Medical indicates that eight in 10 Americans are very concerned they may run out of money as they age. In fact, more Americans are worried they will face financial instability than they are of their spouse's death or even their own death. Fortunately, the fear of financial instability is a fear we can mitigate with knowledge and action.

Financial literacy has been an issue for quite some time, which is why the Senate passed a 2004 resolution making the month of April National Financial Literacy Month. The Senate's goal was to help raise public awareness regarding financial education and the consequences of not understanding per-

sonal finances.

Although awareness of the need for financial literacy is helpful, the knowledge part is still challenging. If you are uncertain of your financial literacy, you are not alone. Many Americans do not yet have the ability to understand and effectively use various financial skills such as personal financial management, budgeting, paying bills, setting financial goals and investing. To test financial literacy the National Financial Educators Council (NFEC) created a 30-question test called the National Financial Capability Test. NFEC reports that of the 40,000 people who have taken this test, the average score was less than 68%, with 42% actually failing the test.

You may wonder what financial literacy has to do with estate planning, my answer would be "everything." My clients typically want to know how to achieve two goals. First,

how to protect their assets from the high cost of long-term care. Second, how to pass their estate to their heirs without incurring unnecessary expenses or hassles. My advice depends on what assets they have, as well as their income sources such as Social Security, pensions and investments.

Most people would have trouble answering questions regarding their assets and income on the spur of the moment, but I have found many of my clients often have difficulty answering these questions even when they can prepare in advance. If you have assets that you do not understand, there are various steps you can take such as reading books or internet articles, or meeting with your banker, insurance agent and financial advisor to ask your questions.

While you are talking to your trusted advisors, take the time to learn how your assets are titled, what type of investment

earnings are being produced, whether you have designated a beneficiary, or if there may be penalties for removing funds from the investment. Do not forget to ask some "what if" questions such as "what if I get sick and I need to withdraw either a portion of or the entire account all at once?" Or "what if I pass away, how do my beneficiaries get this account?"

Once you collect this information about your assets, make a list including the information. Keep the list with your estate planning documents and review it periodically to make sure it is up-to-date. Someday, this information will be very helpful to your executor of your estate.

Doreen L. Seamon, J.D. is an attorney with Seamon Law Offices PLLC. Her experience includes elder care and estate planning. She writes a regular column for Senior Post. This article is being republished from a previous Senior Post.



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What is Parkinson's Disease?



Metro Creative Connection

Who hasn't tapped fingers on a desk with anxiety or shook a leg under a table awaiting some sort of news? These motor impulses may seem involuntary, but they largely are under the control of the individual. For a portion of the population, fidgeting and tremors are out of their control, and are hallmarks of a movement disorder called Parkinson's disease.

The Parkinson's Foundation says Parkinson's disease (PD) affects 10 million people worldwide. PD is a progressive neurodegenerative disorder that predominantly affects the dopamine-producing neurons in an area of the brain called the substantia nigra.

Since PD affects the nervous system, various parts of the body controlled by nerves can be impacted by the disease. Symptoms often start slowly and may be virtually undetectable to the average person. The Mayo Clinic says the first symptoms may be a barely noticeable tremor in just one hand. Stiffness or slowing of movement also can be an early marker of the disease. Some people with PD may begin to have expressionless faces and speech may become soft or slurred. Symptoms worsen as the condition progresses.

The National Institute of Neurological Disorders and Stroke identify these four primary symptoms of PD, though it should be noted that everyone experiences symptoms differently.

■ **Tremor:** Shaking often begins in a hand, although a foot or the jaw may be first affected. One tremor characteristic of PD is a rhythmic back-and-forth motion that may involve the thumb and forefinger and appear as "pill rolling." It is most obvious when the hand is at rest.

■ **Rigidity:** Muscle stiffness and resistance to movement affects many people with PD. The muscles remain constantly tense and contracted so that a person aches or feels stiff. This rigidity can become obvious when another person tries to move the individual's arm, which

will only move in short, jerky movements known as "cogwheel."

■ **Bradykinesia:** This is a slowing down of spontaneous and automatic movement. Activities that were once easily performed now take much longer. There often is a decrease in facial expression, called "masked face." A person with PD may not move his or her arms while walking.

■ **Postural instability:** This impaired balance and change in posture can increase the risk of falls. Postural instability also may affect walking gait. Someone with PD may appear to be shuffling.

The cause of PD remains unknown. Scientists believe a combination of genetic and environmental factors are at the root of the disease. There is no cure for PD, although there are treatment options that may help alleviate some symptoms. Currently there is no treatment to slow the progression of PD.

The Mayo Clinic says changes occur in the brains of people with PD. Notably there is the presence of clumps of substances called Lewy bodies. These Lewy bodies often show a widespread protein called alpha-synuclein, which cells can't break down. Researchers have found alpha-synuclein in the spinal fluid of people who later develop PD.

The Parkinson's Foundation says people with PD take dopaminergic medications to replace missing dopamine in the brain. This helps to treat various symptoms. Ongoing research into PD has led researchers to find ways to identify biomarkers for PD that can lead to earlier diagnoses and more tailored treatments.

Various conditions can produce symptoms similar to PD. It is best to discuss any concerns with a doctor. A consultation with a neurologist likely will be recommended. With the right treatment and support, someone with PD can still live a quality life for years after diagnosis.

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3 questions to ask before beginning a new fitness regimen

Metro Creative Connection

Exercise is widely recognized as a vital component of a healthy lifestyle. Despite that, a recent analysis of data from the 2020 National Health Interview Survey found that more than two-thirds of individuals are not getting enough exercise. Though the survey was conducted amid the onset of the COVID-19 pandemic, which suggests the overall figures might be somewhat lower than they might have been had the data been collected in a more typical year, just 28% of respondents were meeting the physical activity guidelines established by the Centers for Disease Control and Prevention.

Routine exercise is beneficial for people of all ages, and seniors are no exception. Aging adults who want to be more physically active but think they are among the 72% of individuals who aren't meeting CDC exercise

guidelines can speak with their physicians and ask these three questions to ensure the transition to a less sedentary lifestyle goes smoothly.

Should I get a heart checkup?

Doctors may already be monitoring aging individuals' hearts even if they have not exhibited symptoms of heart problems in the past. However, it's best to discuss heart health in greater detail prior to beginning a new fitness regimen. In an interview with Penn Medicine, Dr. Neel Chokshi, medical director of Penn Sports Cardiology and Fitness Program, noted the risk of heart attack or cardiac complications slightly increases when individuals begin to participate in a moderate or intense activity. So a physician might want to conduct a heart checkup in order to determine if a patient has an underlying heart condition.

Which types of activities should I look to?

A physician also can recommend certain activities depending on a person's age and medical background. Though exercise is beneficial for everyone, certain activities may not be. For example, AdventHealth notes that high-impact activities like jogging and jump rope may not be suited for individuals with arthritis. In addition, aging individuals with physical limitations that require them to use a wheelchair should not write off their ability to exercise, as physicians can recommend exercises for patients with mobility issues as well.

Should I take extra caution while on medication?

Prescription medication use is another variable that must be taken into consideration before beginning a new exercise regimen.

The CDC notes that roughly 84% of adults between the ages of 60 and 79 use one or more prescription medications. Each medication produces different effects, and a 2016 study published in the *Methodist DeBakey Cardiovascular Journal* noted that certain medications evoke an acute drop in blood pressure, which can disturb balance and increase fall risk, while others actually facilitate greater improvements in health outcomes. That means the dynamic between medications and exercise is unique to each medication, which underscores the importance of speaking with a physician whenever a fitness regimen is started or tweaked and/or a new medication is prescribed.

These are just three of the questions seniors can ask when discussing exercise with their physicians. Seniors are urged to ask any additional questions they might have during such discussions.

Senior center activities

Westside Senior Center

Westside Senior Center opened June 10, 2001, and is totally operated by volunteers. It is open from 9 a.m. to noon and 6-9 p.m. Monday through Friday at 500 Dupont Road, Westover.

Members are knitting scarves for veterans and active-duty military as part of Operation Gratitude's "Scarves for the Troops." Anyone is welcome to bring knitting needles and join in the project.

Food is collected every month for the Rock Forge Food Pantry.

Evenings are full of things to do. Monday and Friday, bring a musical instrument and play with the group. Tuesdays and Thursdays, there is card playing, and Wednesday evening is for bingo. There is also a well-equipped exercise room that includes a pool table.

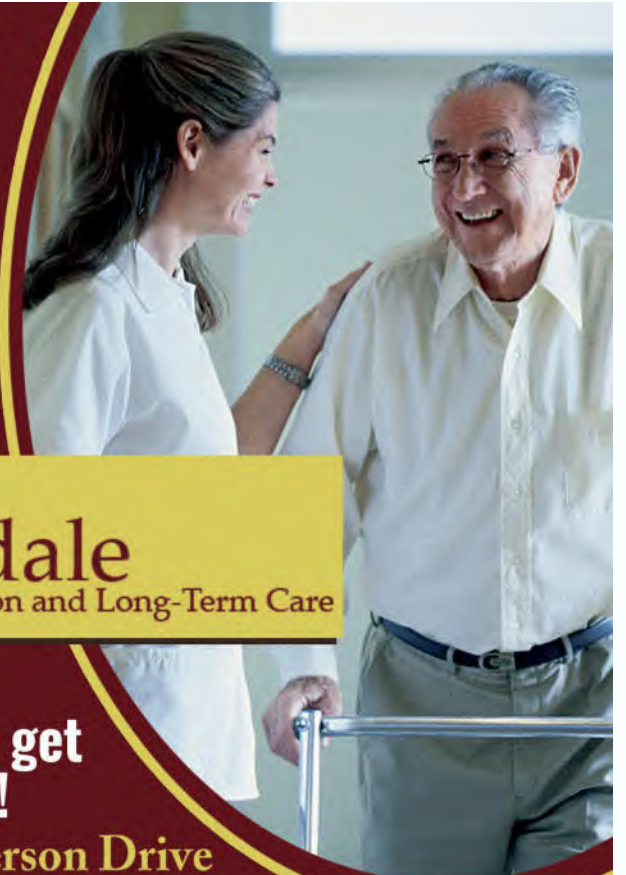
Assisted Living at Evergreen

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.



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Senior Monongalians events and activities

TRANSPORTATION PROGRAM

Senior Monongalians is proud to announce the addition of a new transportation program. This program focuses on older adults who don't have access to transportation or live off of a Mountain Line bus route. Seniors will be picked up at their home and brought to our senior center. Once they arrive, they can participate in a range of activities, socialize with others, have a delicious lunch, and much more. Then they will receive a ride back to their home.

Our current vehicle can transport three seniors. Additional routes will be added as the program grows. Riders must be or become registered clients of Senior Monongalians. Seniors must reserve their ride the day before they want to come in. This call must be received by 3:30 p.m. For more information regarding the eligibility of this program or to schedule a ride, call 304-296-9812.

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 who 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. 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 homebound. Drivers also perform a "well check" as they speak to meal recipients. Deliveries will 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 - 9:45 a.m., 12:30 - 3:45 p.m.; Tuesday, Thursday and Friday 12:30 - 3:45 p.m.; Wednesday 8 - 9:45 a.m., 12:30 - 1:45 p.m.

COMPUTER LAB - Monday through Friday 8 a.m. - 3:45 p.m. • Must sign consent form.

DOMINOES - Tuesday and Thursday Noon - 3 p.m. • Nutrition Room

MAHJONG - Monday and Wednesday 12:30 - 3:45 p.m. • Nutrition Room

SPONSORED BINGO - Every Friday 10 - 11 a.m.

EXERCISE ROOM - UNLESS RESERVED - Must sign a release form • Monday, Wednesday 8 - 11 a.m.; Tuesday 1 - 3:45 p.m.; Wednesday 8 a.m. - 3:45 p.m.; Thursday 1 - 3:45 p.m.; Friday 8 a.m. - 3:45 p.m.

VITAL SIGNS CLINIC - Wednesday 10 - 11 a.m. • Nutrition Room

One of our registered nurses will be available to check your blood pressure, pulse and weight. These levels are recorded for your convenience to share with your doctor or for your personal monitoring.

GROUP EXERCISE CLASS - Tuesday and Thursday 10 - 11 a.m.

This class focuses on range of motion, flexibility, and balance exercises that can be done standing up or sitting in a chair. Please bring your own weights, ball and stretch strap.

CHAIR EXERCISE - 2nd Wednesday of the month at 10:30 a.m.

Nathan will lead this group. It includes exercises to promote balance, coordination, flexibility, and overall good health while seated in a chair.

FOOT CARE CLINIC - 3rd Friday of every month from 9:00 a.m. to 1:00 p.m.

Anita from Mountaineer Sole Care offers a monthly foot care clinic. During the 30 minute sessions, she will clean your feet, cut your toe nails, check for corns and calluses, and give your feet a massage. This service is \$35. Make your appointments by calling 304-368-8924.

BINGOCIZE - Monday and Wednesdays 10 to 11:00 a.m.

Enjoy a mix of the fun of bingo and exercise. This is an interactive group where you will learn about balance, fall prevention, and much more.

TAI CHI CLASS - Thursdays 12:30 - 1:30 p.m.

Ryan will lead this class that uses slow easy movements to help maintain or improve your balance, range of motion, ease arthritis effects, and more. These exercises can be done either standing or sitting.



Senior Monongalians events and activities

(continued)

UPCOMING EVENTS & SPEAKERS

TUESDAY, APRIL 2 at 10:30 a.m. - MEDICARE HOT TOPICS - Elaine from the Social Security Administration will discuss current Medicare hot topics and fraud alerts. We invite you to join us for this informative presentation.

FRIDAY, APRIL 5 at 10 a.m. - BINGO WITH RENAISSANCE CARE - Alex from Renaissance Care will lead a few games of bingo and award prizes to the winners. Bring a friend along to add to the fun.

TUESDAY, APRIL 9 at 10:30 a.m. - CHAIR EXERCISE WITH NATHAN - Nathan from Personal Touch will lead a session of exercises that are done while seated. These exercises may help maintain or improve range of motion, stability, and well being.

FRIDAY, APRIL 12 at 10 a.m. - SPONSORED BINGO - Enjoy a few games of bingo with the chance of winning prizes. Bring a friend along to add to the fun.

THURSDAY, APRIL 18 from 10:30 a.m. to 12:30 p.m. - SPRING FLING - Help us celebrate new beginnings and the blooming of spring during our Spring Fling. Tap your toes to the traditional Appalachian music of our local lap dulcimer group, led by Judy Werner. Then indulge in a delicious lunch. Let us know that you'll be joining us by calling 304-296-9812.

FRIDAY, APRIL 19 from 9 a.m. to 1 p.m. - FOOTCARE CLINIC - Anita from Mountaineer Sole Care will offer foot care services. Services include: cleansing your feet, cutting the toe nails, a foot massage, evaluation and care of corns and calluses. Appointments are 30 minutes long. The fee is \$35. Make your appointment by calling Anita at 304-368-8924.

FRIDAY, APRIL 26 at 10 a.m. - BINGO WITH HIGHMARK - Tiffany from Highmark Blue Cross Blue Shield will lead a few games of bingo and award prizes to the winners. Bring a friend along to add to the fun.

TUESDAY, APRIL 30 at 10:30 a.m. - RECOGNIZING ELDER ABUSE - Michelle from the Adult Protective Service will discuss the silent epidemic of elder abuse. Topics covered will include: what is elder abuse, signs of abuse, and what to do if you suspect elder abuse.

FREE TAX ASSISTANCE

Each year, AARP provides trained and certified volunteer tax preparers to assist older adults fill out their tax returns and senior tax credit forms. The filings are done electronically. Appointments are required. Make your appointment beginning February 1st by calling 701-645-3109.

MOUNTAINEER FOOD BOX DISTRIBUTION

With the rise in the cost of everything, many of us find that our pantries are a little more empty than it used to be. Would having an extra bit of food really help get you through the month? Senior Monongalians and the Mountaineer Food Bank are working together to help older adults facing food insecurity by providing food boxes. These food boxes are available to Monongalia County residents aged 60 years of age or older who meet the household income guidelines. Participants will have the chance to receive one or two food boxes per month. If you would like more information or would like to see if you qualify to receive a food box, call 304-296-9812 or stop by Senior Monongalians.

WAYS TO CONTACT OR FOLLOW SENIOR MONONGALIANS

WEBSITE: www.seniormons.org

FACEBOOK: Senior Monongalians

PHONE: 304-296-9812

LOCATION: Mountaineer Mall

MAILING ADDRESS: P.O. Box 653, Morgantown, WV 26507

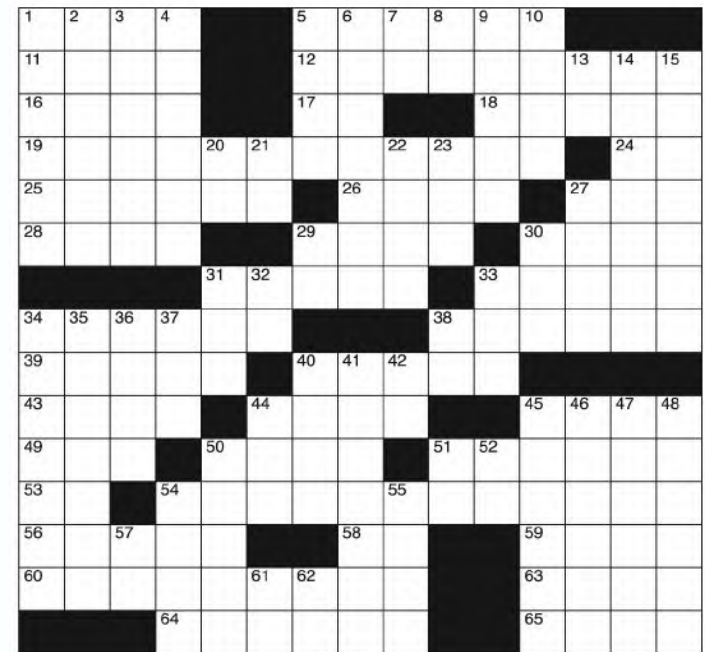
EMAIL QUESTIONS TO: info@seniormons.org

COVID-19 Vaccine Hotline: 833-734-0965 West Virginia-based individuals will provide information about COVID-19 vaccine schedules. Seniors without a computer should use this number to register for the COVID-19 vaccine. The hotline is available Monday through Friday 8 a.m. - 6 p.m. and Saturday 9 a.m. - 5 p.m. Hotline is not available on Sunday.

WV Emotional Support Hotline: 844-435-7498 West Virginia-based counselors are available 24/7 to provide immediate help for West Virginians of any age who are struggling with stress, fears, anxiety, and/or an addiction.

WV United Way-sponsored information and support hotline: 2-1-1

(a three-digit phone number) Dial 2-1-1 to speak with West Virginia-based individuals who are trained to provide information and support in the areas of COVID-19, finances, health, housing, food, disabilities and domestic concerns.



CLUES ACROSS

1. Database management system
5. Medical procedures
11. ___ Clapton, musician
12. Defender
16. Exert oneself
17. Indicates position
18. Quay
19. Atrocities
24. A way to address an adult man
25. Ends
26. Unable
27. Taxi
28. Gratuities
29. A famous train station
30. Japanese persimmon
31. Sours
33. Beneficiary
34. Baseball official
38. Confused situation
39. Unworldly
40. Yemen capital
43. Type of soil
44. Beloved beverage ___-Cola
45. Lying down
49. ___ Angeles
50. Fail to amuse
51. Collapsible shelter
53. Commercial
54. Taste property
56. Lordship's jurisdictions
58. It cools your home
59. Dismounted
60. Charge in a court of law
63. One less than one
64. Spoke
65. Famed garden

CLUES DOWN

1. Show a picture of
2. Small sultanate
3. Unfortunate incident
4. A way to ski
5. Abba __, Israeli politician
6. Observed
7. "Westworld" actor Harris
8. Belonging to me
9. Shoelace tube
10. Takes to civil court
13. Early multimedia
14. Produces anew
15. Horse races
20. Of I
21. Equally
22. Changes color
23. A place to stay
27. Town in Galilee
29. Mathematical figure
30. Klingon character
31. They ___
32. Atomic #58
33. Showed up extinct
34. Loosen grip
35. Unpleasant smell
36. Innermost membranes enveloping the brain
37. Esteemed college "league"
38. Partner to Pa
40. Small American rail
41. A salt or ester of acetic acid
42. Sodium
44. Military figure (abbr.)
45. Lighted
46. Paid to get out of jail
47. All of something
48. Ohio city
50. More abject
51. A radio band
52. Scientific development (abbr.)
54. Monetary unit
55. Scored perfectly
57. A punch to end a fight
61. The Golden State (abbr.)
62. The Beehive State (abbr.)



Peace and purpose come in the stillness of silence



BY IRENE MARINELLI
for The Dominion Post

"He who does not understand your silence will probably not understand your words."

~ Elbert Hubbard

Our world is a raucous, noisy place. It's even difficult to find a restaurant where dinner is not accompanied by loud music blaring from several speakers. We are an "immediate" people. We can immediately contact anyone and everyone with our cell phones. We walk and exercise, even work around the house with music or words coming at us through earphones. Silence seems to be something to avoid, something to fear like an unfamiliar, possibly dangerous piece of machinery. Indeed, we live in a cacophony of words ... from the television, phone, radio and from one another. Where has the silence gone, that gracious, healing silence that

allowed us to slow down, to contemplate where we are and who we are.

Language is powerful. Words can bring down empires, divert the course of history. They can heal or hurt, build or destroy. Silence has its own language, its own power. It can speak a language words cannot begin to touch. A silent glance can communicate understanding, affection or scorn. A hand reaching out, to touch, to heal, is a silent message of compassion. At times when the world seems harsh, barren, a smile can bring some light into a darkened life. There is another kind of silence that rarely comes and all too quickly vanishes: The silence between two people who truly understand and accept and cherish one another with love. It is the silence that falls like a benediction between two that are in complete communication and need no words to fill the space between them. There is a quality of perfection in such silence that no words can emulate. This rare,

incomparable silence cannot be manipulated, forced to show its beauty. It comes unexpectedly, always of its own volition.

If silence is a room we rarely enter, it's time to sweep the cobwebs from the corners, dust the furniture; make that room comfortable and welcoming. It's good to remember our time here on this blue planet is short and precious beyond words. The only way we can honor this incredible gift of life is to live it fully, take pleasure in the small, seemingly inconsequential things around us. In this way we bless our days with times of silence when we can think, ruminate, be grateful and renewed in spirit.

When we make friends with silence, we make friends with ourselves. As we are attuned to our best friend, comfortable and accepting, so can we be attuned to ourselves in silence. We need to find a place where we can welcome silence in peaceful solitude. For

me being out in nature is the ultimate place to find that healing stillness. It is the place where beauty lives in the shape of the smallest flower, the grandest trees. Beauty and silence are there for the taking, offering wisdom and grace, shaping the landscape of our minds. Of course, it does not have to be out in nature, that special place of silence. It can be a room, a spot in the garden, front porch or back yard. Perhaps for some of us making friends with silence does not come easily. We are attuned to noise and constant words. If we are diligent and committed to seeking silence, we can find it around us and within us.

I recently reread Chaim Potok's wonderful book, *The Chosen*. In it he offers these insightful words: "I've begun to realize that you can listen to silence and learn from it. It has a quality and a dimension all its own."

Irene Marinelli writes a regular column for Senior Post. Contact her at columns@dominionpost.com.

Assisted living and residential care communities

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

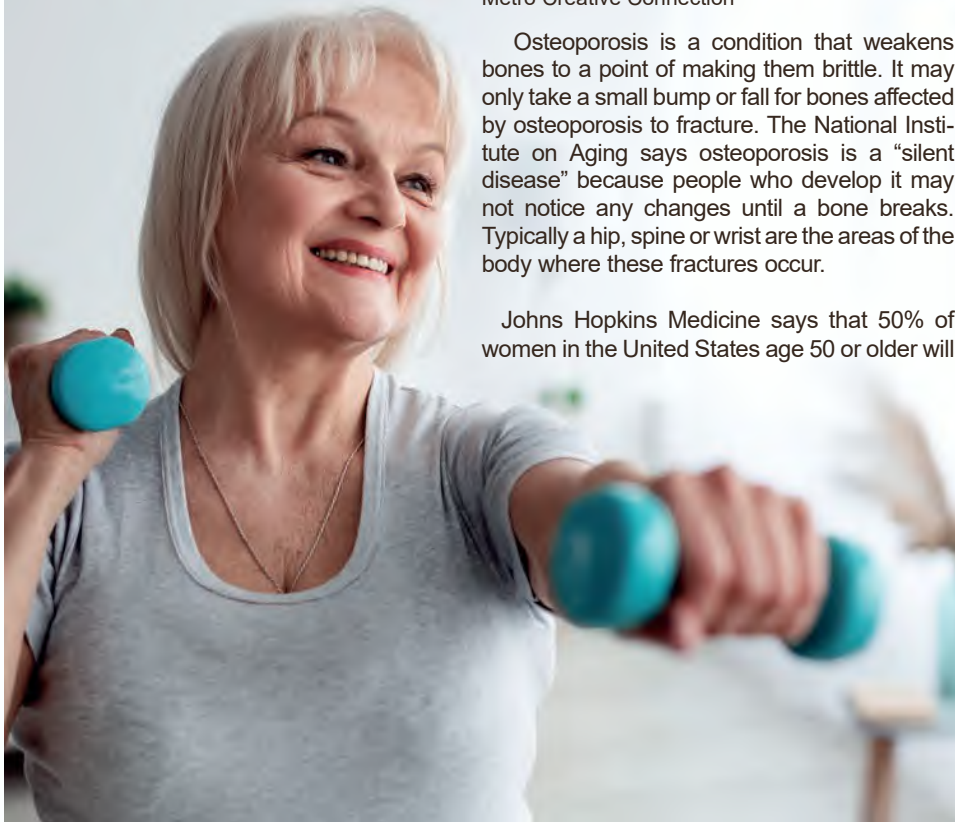
PineRidge

(formerly Heartland)
300 Miller Road, Kingwood
304-329-3195



PineRidge

Start preventing osteoporosis now



Metro Creative Connection

Osteoporosis is a condition that weakens bones to a point of making them brittle. It may only take a small bump or fall for bones affected by osteoporosis to fracture. The National Institute on Aging says osteoporosis is a “silent disease” because people who develop it may not notice any changes until a bone breaks. Typically a hip, spine or wrist are the areas of the body where these fractures occur.

Johns Hopkins Medicine says that 50% of women in the United States age 50 or older will

break a bone due to osteoporosis, and about 55 million Americans have the condition. Osteoporosis affects women more often than men, particularly because women have lower bone density than men. Loss of estrogen in the later years of life can increase a woman’s risk for osteoporosis.

The good news is that osteoporosis is largely preventable, and proper bone health that begins early and lasts throughout life can help.

■ **Sufficient calcium intake:** Women age 50 and younger should consume 1,000 mg of calcium each day (1,200 mg of calcium each day is recommended for women over the age of 51). Calcium can come from foods, beverages and supplements.

■ **Proper protein intake:** Protein also is a necessary nutrient for bone health, says the International Osteoporosis Foundation. Choose lean protein sources.

■ **Get enough vitamin D:** Vitamin D is made in the skin after exposure to the sun, but the average person does not get enough. Supplementation often is the answer to ensure

healthy levels of vitamin D and by eating foods rich in vitamin D, such as eggs, mushrooms and fortified dairy foods or juices.

■ **Keep active:** It is important to engage in regular weight-bearing and muscle-strengthening activities, which also helps to strengthen bones.

■ **Maintain a healthy weight:** Maintaining a healthy weight also is important, as being too thin or having a BMI under 19 is harmful to bone health.

■ **Prevent falls:** Take steps to reduce falls. This includes removing slippery rugs and installing grab bars in the bathroom. In addition, engage in activities that can improve balance, posture and coordination to prevent fall risk.

■ **Get screened for bone density:** A bone mineral density test is a special X-ray capable of detecting bone loss.

Women who are concerned about osteoporosis are urged to speak with their doctors to learn more about prevention and treatment.

PUZZLE SOLUTION

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

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

Salvation Army
Monongalia County
1264 University Ave., Morgantown
304-296-3525
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 Connecting Link
235 High St., Morgantown
304-296-3300

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



GERIATRIC CARE

Aging sometimes means an increased potential for illness and health issues. At WVU Medicine, our caring team of board-certified geriatricians provides high-quality care for **adults aged 60 and up**.

With our team approach to senior health, we'll work with you and your family or caregivers to prevent, diagnose, and treat diseases and possible disability that may occur with aging.

**For an appointment:
855-WVU-CARE**



[WVUMedicine.org/Geriatrics](https://www.wvumedicine.org/Geriatrics)