

# Senior Post

*Living well and gracefully through the golden years*

**Westside Senior Center**  
*offers bingo, Tai Chi, and  
more to all ages*

**AUGUST 2024**  
A MONTHLY MAGAZINE BY

THE DOMINION  
**Post**

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*On the cover: Cheryl Baker-Stasiak, secretary and treasurer at Westside Senior Center in Westover. Photo by Ron Rittenhouse.*



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# 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

## 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



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# The loneliness epidemic for seniors



**BY DOREEN SEAMON**  
for The Dominion Post

In recent years, researchers have been finding potential links between feelings of loneliness and negative health outcomes. In 2023, the United States Surgeon General Dr. Vivek Murthy issued a nationwide advisory on loneliness, declaring loneliness an epidemic and a major public health concern.

Loneliness is a feeling of desolation from lacking human connections and interactions, although it's not the same as being alone. Not everyone who lives alone feels lonely, and not all people who feel lonely live alone.

Most of us aspire to live a long and healthy life, yet for many aging adults, long lives may also come with the grief of outliving spouses, friends and sometimes one's children. In fact, more than half of Americans 65 and older say they feel lonely. Two-thirds of them feel that their family members have forgotten them.

Failing to maintain and make new, meaningful connections as older adults age can

lead them toward a deep sense of loneliness affecting their mental and physical health, including putting them at increased risk of heart disease, Parkinson's disease, and dementia. Murthy's report states that lacking social connections may be comparable to smoking as many as 15 cigarettes a day.

Some of the risk factors include the following:

- Grieving the loss of a loved one
- Experiencing physical or mental difficulties, such as decreased vision or cognitive decline
- Feeling depressed or anxious and lacking the motivation to join activities
- Living alone
- Lacking the financial means to do various activities
- Not having meaningful outlets for one's talents
- Serving as a full-time caregiver
- Struggling with incontinence
- Lacking the ability to drive or take public transportation
- Facing a communication barrier, such as having impaired hearing or losing the ability to speak

The first step to overcoming loneliness is acknowledging it and understanding the need

to change some habits. Even the smallest change might put you on the right path toward more regularly reaching out to others.

If a loved one is feeling lonely, invite them to join you in some of these activities to get the ball rolling. Look for opportunities such as:

- Join a club, class, or religious institution. If you can't drive, ridesharing, public transportation, and online groups may be among your options.
- Invite a friend or two over to share a meal, watch a movie, or play cards
- Try an exercise class geared toward senior citizens, or start a walking group with neighbors
- Take a class on learning how to use social media and digital devices
- Call or visit a family member or friend
- Volunteer your time and talents
- Foster or adopt a pet
- Get a job that you enjoy

■ Don't be shy about asking loved ones for a hug, everyone needs physical contact

Other options include mental health counseling or therapy (there are now over 400,000 mental health providers who take patients on Medicare). A change in living arrangements such as senior citizen community or living with a family member may also be an option for some seniors.

Virtual options include an artificial intelligence app Geri (a free download). A tabletop robot (ElliQ) serves as an entertaining companion; and even robotic cats and dogs (Joy for All) which a study shows helps improve quality of life and overall mood among seniors with dementia.

If you find yourself feeling lonely consider some of the above options and remember many of your friends, neighbors, or extended family members may be having similar feelings.

*Doreen L. Seamon, J.D. is an attorney with Seamon Law Offices PLLC. Her experience include elder care and estate planning. She writes a regular column for Senior Post. Contact her at [columns@dominionpost.com](mailto:columns@dominionpost.com).*

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Cheryl Baker-Stasiak, secretary-treasurer of Westside Senior Center, stands at the front entrance.

Senior centers are a core part of community life. Westside Senior Center, at 500 DuPont Road, in Westover, always has daily foot traffic.

From 9 a.m.-5 p.m., the doors are open and if you find yourself there, you might see a group playing cards or a number of early risers in the exercise room. The center is a hub to anyone in the community.

Cheryl Baker-Stasiak, secretary-treasurer, said the center has grown by leaps and bounds.

“Our main goal is to get people out of their house and to be around others,” she said.

The center initially started as one room and has since expanded to three, plus and a pavilion for outdoor events. Bingo nights are every Wednesday and range from a crowd of 50-60 people.

“Bingo is very popular. Not sure why other than a lot of people like to play,” Baker-Stasiak said. Attendees arrive early to help themselves to a snack bar: hot dogs, nachos, soft pretzels, mozzarella sticks, chips, candy and sodas each week. The center also features a rotating sandwich every week.

The center’s doors are also open to family reunions, weddings and other like-events that bring people together.

Once a month, the center hosts a dinner for the public, accepting any donations. Baker-Stasiak said the dinner is typically their biggest event of the year, with nearly 150 people in attendance last year.

Food is prepared and served by the board members by 5 p.m. and a concert is held at the pavilion outside at 6. This month’s dinner will be Aug. 2 and local, oldies rock band Nick of Time is set to perform. The meal to be served will be hamburgers, cheesy potatoes, buttered corn and a dessert.

September’s entree will be pasta with meatballs, a salad, roll and dessert. All dinners are through donations, Baker-Stasiak said.

“We all feel it is important that everyone gets out to socialize,” Baker-Stasiak said. “Everyone is welcome ... [there’s] no age limit. We have had members bring grandchildren.”

Baker-Stasiak said it is a marvel to see how many people not only turnout for the event but get up to enjoy the music.

“It’s amazing to see everybody dance,” Baker-Stasiak said.

Another of the center’s most popular activities is the monthly hand and foot tournament. This event is also open to anyone and is held promptly at 10 a.m. on the fourth Thursday each month.

Other offerings include Tai Chi – which resumed July 19 – as well as Mountaineer watch parties once football season arrives.

An annual membership to the center for anyone over age 50, is \$10, which includes a monthly newsletter and access to the exercise room at any time during business hours. For more information, go to [westoverwv.org/westside-senior-center](http://westoverwv.org/westside-senior-center).

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Left to right: Cathy White, Glenda Facemire, Carolyn Clevenger, and Connie Powley play cards at the Westside Senior Center.



The DAA Strummers play a tune using dulcimers at Westside Senior Center. Left to right are Ingrid Strakusek, Doretta Malone, Norma Jean Venable, Brenda Miller, Joan Driscole, Susan Arnold, Wally Venable, and Linda Huffman.



# Keep your brain sharp as you age



Metro Creative Connection

Cognitive decline is on the minds of many adults as they get older. Memory loss and trouble processing things can sometimes be a side effect of aging, as Everyday Health says the brain changes in size and structure as a person gets older. These changes can affect how well the brain works over time. Furthermore, illnesses affecting the brain, such as Alzheimer's disease, may start showing their symptoms in people when they've reached their mid-60s, says the National Institute on Aging.

Cognitive decline and dementia are not a certainty of aging. But older adults interested in strengthening their brains may want to consider these strategies.

## Address high blood pressure

High blood pressure can increase the risk of heart disease and stroke. Maintaining healthy blood pressure and cholesterol levels is associated with better cognitive function, according to data published in 2021 in the Journal of Alzheimer's Disease.

## Use all your senses

Harvard Health says the more senses used in learning something, the more of the brain that is involved in retaining the memory. Studies have shown that images paired with pleasant aromas leads to better recall later on.

## Exercise regularly

Staying physically active helps maintain blood flow to the brain, which also helps reduce the risk for hypertension.

## Eat brain-healthy foods

According to Cone Health Medical Group, studies show eating fish rich in omega-3 fatty acids, like tuna, salmon and mackerel, decreases risk for cognitive decline. People should avoid saturated fats, trans fats and hydrogenated oils.

## Read and write frequently

According to a study in the journal Neurology, regular reading and writing in one's older years reduced the rate of memory decline by 32%. Joining a book club or simply reading more on one's own can improve cognition. Similarly, writing improves memory and communication abilities and can help strengthen the brain as well.

## Drink healthy beverages

Tea and coffee can improve alertness and focus, as they're rich in polyphenols and antioxidants. A Place for Mom says caffeine in these beverages can help solidify new memories. Avoid drinking sugary beverages and limit consumption of alcohol, as neither boasts brain-boosting properties.

Keeping the brain sharp is a multilayered process that involves healthy foods and beverages, exercise and brain-stimulating activities.



## 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.

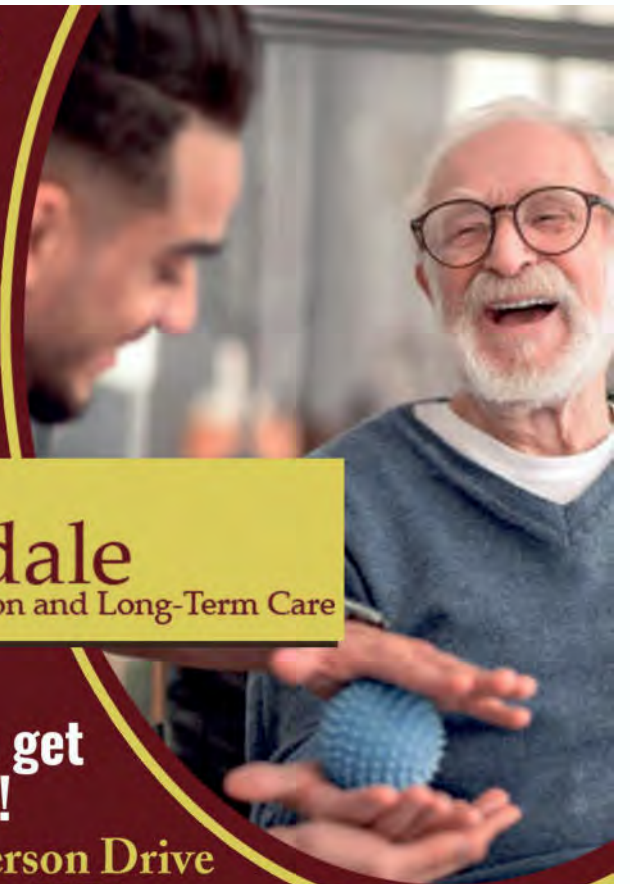
### Assisted Living at Evergreen

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' transportation 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 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. 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](http://www.seniormons.org), and at Senior Monongalians' office. All menus are subject to change without notice. If you are interested in our nutrition program, please call us in advance of your first visit. 304-296-9812

## HOME DELIVERED MEALS PROGRAM

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

**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 - 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 Tuesday 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 a.m. to 1 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.

## UPCOMING EVENTS AND SPEAKERS

**FRIDAY, AUGUST 2 at 10 a.m. - BINGO WITH RENAISSANCE CARE** - Becky from Renaissance Care will lead a few games of bingo and will award prizes to the winners. Bring a friend or two to add to the fun.

**FRIDAY, AUGUST 9 at 10 a.m. - SPONSORED BINGO** - Come out of the hot weather and into the cool of a few games of bingo and the chance to win nice prizes. Bring a friend along to add to the fun. Don't forget to stick around for our 50/50 Cover all Cash Bingo game. It is \$2 per person to play. Fifty percent of the entry fees will become the bingo jackpot. Registration for this game begins at 10:45 a.m. Thank you for supporting Senior Monongalians.





# Senior Monongalians events and activities

(continued)

## UPCOMING EVENTS & SPEAKERS (continued)

**MONDAY, AUGUST 12 from 8 a.m. - 3:30 p.m. - AARP SMART DRIVERS CLASS FOR BEGINNERS** - The AARP Smart Drivers Class is an interactive defensive driving and safety course designed for the mature driver. Completing this course can possibly entitle you to a discount on your car insurance. We advise you to check with your insurance company before registering for the class. For more information and to register for this class, call 304-296-9812.

**TUESDAY, AUGUST 13 at 10:30 a.m. - CHAIR EXERCISE WITH NATHAN** - Nathan from Personal Touch will lead this fun session of exercise. The exercises are easy to follow and can be done while sitting in a chair. They focus on range of motion, balance, and overall well-being. Nathan invites you to join him for this free activity.

**FRIDAY, AUGUST 16 from 9 a.m. - 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, AUGUST 16 at 10 a.m. - BINGO WITH MORGANTOWN HEALTHCARE CENTER** - Melody from Morgantown Healthcare Center will lead a few games of bingo and award prizes to the winners. Bring a friend to add to the fun.

**TUESDAY, AUGUST 20 at 10:30 a.m. - NEW PAIN THERAPIES USING SPINAL CORD STIMULATION** - Ryan with Abbott will discuss new forms of chronic pain therapies utilizing spinal cord stimulation. He'll explain how the therapy works, who is eligible for this therapy, and answer questions that you have. Ryan will provide refreshments.

**FRIDAY, AUGUST 23 at 10 a.m. - BINGO WITH HIGHMARK** - Tiffany from Highmark will lead a few games of bingo and award prizes to the winners. Bring a friend or two to add to the fun. Don't forget to hang around and play our 50/50 Cash Cover all game.

## 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.

## 50/50 COVER ALL BINGO GAME

A 50/50 "cover all" game will be played at the end of each sponsored bingo. It is \$2 to play this game. One bingo card per person. 50% of the total entry fees will benefit the programs and services offered by Senior Monongalians. The other 50% will comprise the prize pot for the game. If there are multiple winners, the prize pot will be split equally. We can't wait to see you there. Thank you for supporting Senior Monongalians.

## WAYS TO CONTACT OR FOLLOW SENIOR MONONGALIANS

**WEBSITE:** [www.seniormons.org](http://www.seniormons.org)

**FACEBOOK:** Senior Monongalians

**PHONE:** 304-296-9812

**LOCATION:** Mountaineer Mall

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

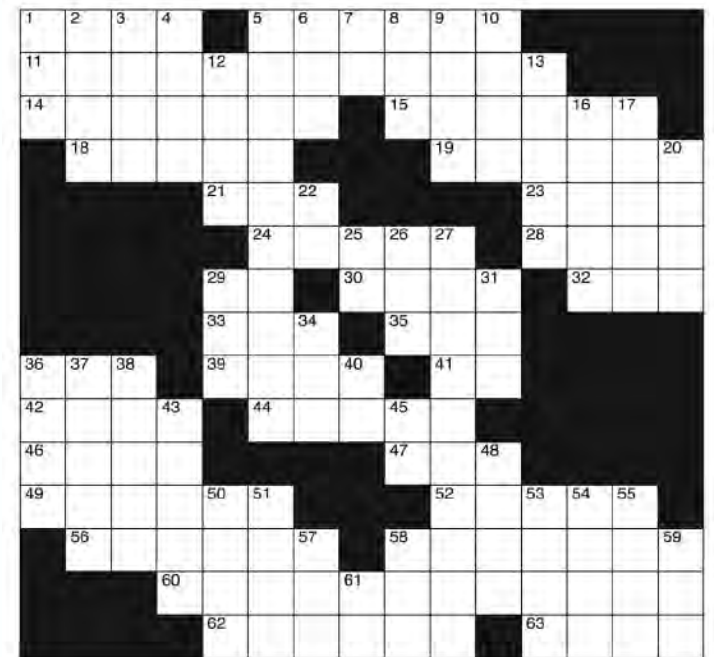
**EMAIL QUESTIONS TO:** [info@seniormons.org](mailto:info@seniormons.org)

**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. Nasal mucus                          | 35. Buzzing insect                           |
| 5. Hairs on the back of a dog           | 36. Monotheistic religion founder            |
| 11. Ones who build anew                 | 39. Strong dark beer                         |
| 14. Consume too much food               | 41. Blood type                               |
| 15. Praised                             | 42. Square measures                          |
| 18. Provides weapons                    | 44. Honorific titles in NW Semitic languages |
| 19. Become less lively                  | 46. Present                                  |
| 21. Engine additive                     | 47. Afflict in mind or body                  |
| 23. Thought or suggestion               | 49. Duty                                     |
| 24. South Korean city                   | 52. Municipality in Stockholm                |
| 28. Midday rests                        | 56. In a normal way                          |
| 29. Expression of acidity or alkalinity | 58. Rode a bicycle                           |
| 30. Group of rockers                    | 60. Charitable                               |
| 32. Very fast airplane                  | 62. Verandas                                 |
| 33. One who is paid to do something     | 63. Uncredited                               |

## CLUES DOWN

- |                                    |   |
|------------------------------------|---|
| 1. No seats available              | 31. Upper-class young woman (abbr.)                     |
| 2. Russian river                   | 34. S. American plant                                   |
| 3. A European river                | 36. Monetary unit of Thailand                           |
| 4. Phrase                          | 37. Regions   |
| 5. Idol                            | 38. Baseball legend Yogi                                |
| 6. Keyboard key                    | 40. Ancient Egyptian notion of spiritual part of humans |
| 7. Prefix indicating mutual        | 43. Fishing net   |
| 8. Kilometers per hour             | 45. Tinseltown  |
| 9. Set an example                  | 48. MacBeth's wife was one                              |
| 10. It's among the "Great" ones    | 50. Took a spill  |
| 12. VVV                            | 51. Adversary to pets                                   |
| 13. Murdered                       | 53. Town in Galilee                                     |
| 16. Icelandic poems                | 54. Secret racist society (slang)                       |
| 17. Seas                           | 55. About aviation                                      |
| 20. Famed cartoonist               | 57. Longing or yearning                                 |
| 22. Partner to "Ma"                | 58. Hawaiian dish                                       |
| 25. Equal to one quintillion bytes | 59. Field force unit                                    |
| 26. Speak incessantly              | 61. Partner to "Pa"                                     |
| 27. Disquiet                       |   |
| 29. Parts per billion (abbr.)      |   |







**Incredible surprises**  
wait in the shadows of the future



**BY IRENE MARINELLI**  
for The Dominion Post

*"The Earth is the cradle of humanity, but mankind cannot stay in the cradle forever."*

~ Konstantin Tsiolkovsky

Probably most of us have looked up at the sky on a moon-lit night and wondered what was out there beyond the stars, beyond the galaxies. This eagerness to know the

unknown seems stamped on our human psyche from our earliest prehistoric cave-dwelling ancestors into the present. Both astronomy and astrology were studied in Medieval universities, making use of sundials, astrolabes and ancient books translated from Arabic into Latin. Early astronomers in the Middle Ages concluded the universe was organized in parallel layers. Earth was the center of the universe. The only celestial bodies that could be seen with the naked eye ... the moon, the sun, Saturn, Jupiter and Mercury ... were all positioned exactly the same distance from the earth. Above this layer where the planets moved was heaven, the dominion of God and His angels. They believed the position of the planets could affect people's health. Healers would determine their patient's date and time of birth and how the stars aligned during the birth. They then compared this information to the way the stars aligned when the patient first felt his symptoms before deciding on treatment. Wars and battles were sometimes timed with consideration of the alignment of the planets.

I wonder what these ancient people would think if they could be transported into our 21st century and beyond. We have conquered flight, both in our own skies and outer space. We have set foot on the surface of the moon. Now we have an incredible instrument, the James Webb Space Telescope, that may take us to the edge of the universe and the beginning of time.

The James Webb telescope was launched into outer space on Christmas day in 2021. It is the world's most advanced and powerful telescope to date. The images the Webb telescope has sent back to us include distant galaxies never before seen, but only imaged. The most distant galaxy the telescope discovered is 33 billion light years away. Not only does this telescope "see" light from the beginning of time, the Webb also looks for planets that might support life. Images from the Webb telescope have shown astronomers and cosmologists a new view of the universe. Long-held theories about the beginning of our universe have been put into question by this new information from this telescope.

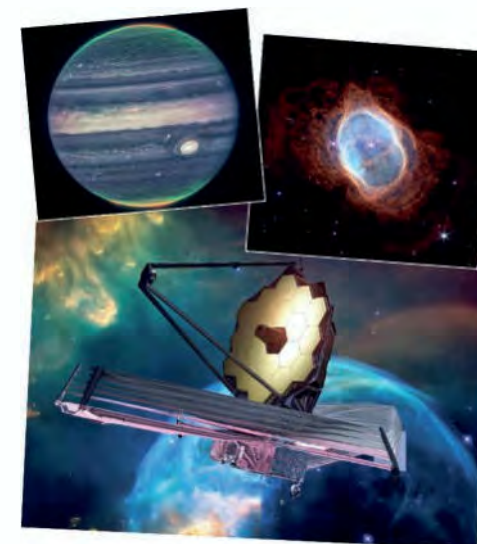
This incredible instrument may be sending information back to earth for up to 25 years. Certainly I won't be around to know what the Webb will discover so many years from now. Yet, I wonder how close our new discoveries will come to the works of the most noted science fiction writers, like Issac Asimov and H.G. Wells. What will we do with our new knowledge?

I wonder how life on earth will look 300 years from now, assuming we don't destroy our own planet before then. Will we colonize other planets? Will we discover and use time travel? Will science and medicine work together to find a way for us to attain immortality and if so, what incredible problems will living forever bring? No doubt we will finally find the very

edge of the universe and look beyond to perhaps find other universes. With advanced technology far beyond the Webb telescope, we may discover life on other planets and even have the wisdom not to destroy what we find.

The far distant future is veiled in mist. In order for mankind to experience that future, we must find the wisdom to protect the present.

*Irene Marinelli writes a regular column for Senior Post. Contact her at [columns@dominionpost.com](mailto: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





# Safely manage multiple medications

Metro Creative Connection

Individuals who are 60 and older are accustomed to making routine trips to the pharmacy to fill prescriptions. The Centers for Disease Control and Prevention notes that roughly 84% of adults between the ages of 60 and 79 use one or more prescription medications.

Prescription medications prolong individuals' lives and can make their daily lives more comfortable and manageable. As individuals age, their doctors may recommend various prescriptions, some of which they may need to take long-term. Managing multiple medications at once can be difficult, as it can be easy to lose track of which medications have been taken when individuals are prescribed more than one. In recognition of that difficulty, the National Institutes of Health offers the following tips to help individuals safely manage multiple medications.

■ **Maintain an updated list of all medications you take.** The NIH notes a medication list should include both prescription and over-the-counter medications. OTC medicines

include vitamins, supplements and herbal products.

■ **Share your medication list with family or close friends.** A medication list should be accessible, and seniors can even share it with close family members, who can then advise medical professionals like EMTs, nurses and emergency room doctors which medicines you are taking in emergency situations when you may not be conscious.

■ **Routinely review your medicine list with health care providers and pharmacists.** The NIH recommends individuals discuss their medicines with their physicians during each appointment. Ask if all medicines still need to be taken and if dosages should be changed. When visiting specialists, be sure to provide a list of all medications you are currently taking.

■ **Ask questions about newly prescribed medications.** Drug interactions can be dangerous, so it's important to ask if and how any newly prescribed medications may interact with drugs, vitamins or supplements you are already taking.

■ **Alert health care providers to any new side effects.** Immediately contact your physician if any new side effects present. The NIH recommends individuals continue to take their medications unless their doctor says otherwise.

■ **Use a pill organizer.** A pill organizer makes it easy to manage multiple medications and can help individuals remember which pills they have taken.

Millions of individuals 60 and older take more than one medicine each day. Some simple strategies can ensure seniors safely manage their medications.

## 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

### PUZZLE SOLUTION

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





# 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)