

SENIOR SPIRIT

Vol. 23, No. 2
March - April, 2025

Life in Action for the 60+ Generation

DANCE INTO

Spring



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Berkeley
SENIOR SERVICES
Life In Action

View this section online at
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Berkeley

SENIOR SERVICES

Life In Action

217 N High Street, Martinsburg, WV 25404

Monday - Saturday: 8:00 am - 4:00 pm

(304) 263-8873 • berkeleyseniorservices.org

SENIOR SPIRIT
is available online at
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SERVICES: LIFE ENRICHMENT SERVICES | TRANSPORTATION SERVICES | NUTRITION SERVICES
IN-HOME CARE | OUTREACH SERVICES | CAREGIVER SUPPORT

EMPOWERING & UPLIFTING SENIORS

At Berkeley Senior Services, our mission is to offer a network of services enabling seniors to remain independent, participating members of our community.

We are committed to cultivating a community where seniors can flourish, caregivers are supported, and connections are built. Through our services, we aim to enhance the overall well-being of seniors, providing them the resources, care, and compassion they need to thrive in their golden years.

We pledge to serve with integrity, empathy, and dedication, affirming every day that age is just a number and life's richness is timeless.

Executive Director: **Amy Orndoff** • Life Enrichment Manager: **Angel Saverio** • Transportation Manager: **Rhonda Singer**

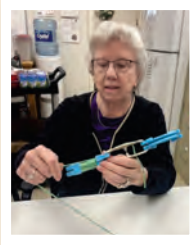


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HAT MAKING AT CSS

Many people with memory loss remain very active and able to contribute their time and talents.

Participants in the CAREGIVER SUPPORT SERVICES SOCIAL PROGRAM at Berkeley Senior Services make winter hats for those in need within our community. This helps to give them a sense of purpose and belonging. But most of all they have fun while feeling empowered.



Maintaining an active presence within a community is crucial for people living with dementia as it helps preserve their sense of identity, combat social isolation, stimulate cognitive function, and improve overall well-being by providing meaningful social interactions and a sense of purpose, potentially slowing the progression of dementia symptoms while boosting mood and self-esteem.

Key benefits of community engagement for people with dementia:

- **Cognitive stimulation:**

Participating in social activities like group discussions, games, or volunteering can challenge the brain and help maintain cognitive abilities.

- **Reduced social isolation:**

Staying connected with friends, neighbors, and community groups can prevent feelings of loneliness and depression often associated with dementia.

- **Sense of purpose and belonging:**

Engaging in activities that align with personal interests can provide a sense of value and belonging within the community.

- **Improved mood and self-esteem:**

Positive social interactions can elevate mood and foster a sense of self-worth, especially when individuals feel valued for their contributions.

- **Physical activity:**

Many community activities like walking groups or gardening can encourage physical exercise, which is beneficial for overall health.



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Jamie L. Hill, Esq.

Heather Dern Myers, Esq.
Of Counsel

PROMOTE BRAIN HEALTH

Caregiver Support Services participants and friends Margaret, Joan and Barbara engaged together in a social environment doing activities like jigsaw puzzles. The simply act of being in a social and active environment will help stimulate cognitive function, memory, problem-solving skills, and dexterity. Caregiver Support Services participants enjoy engaging with each other in a specialized program designed to promote brain health.



Berkeley Senior Services

ST. PATRICK'S DAY

SHENANIGANS AND BIRTHDAY BASH

MARCH 17, 2025
10:00 AM - 11:30 AM

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Seniors' Advantages and Services



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6-8 PM

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crafts IN CSS

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Gardening Safety for Seniors

Longer hours of daylight and warming temperatures are hallmarks of spring and each of these variables do much to contribute to the reputation of a season that's become synonymous with rejuvenation. After months spent

confronting cold temperatures and huddling up indoors, people might find the welcoming conditions of spring irresistible, which compels many to spend more time outdoors.

There's no shortage of things to do outside in spring, and the season marks a perfect time to reestablish one's green thumb and get down and dirty in the garden. Gardening is a rewarding and healthy activity, though some, particularly seniors, may need to approach springtime sessions in the garden with a heightened degree of caution. Seniors can keep these health and safety tips in mind as they celebrate the return of spring and what that means for their gardens.

- Recognize that gardening is exercise. The Centers for Disease Control and Prevention identifies gardening as a good form of exercise, and evidence supports the notion that gardening is a particularly beneficial form of physical activity. A 2024 meta-analysis published in the Journal of Neurology, Neurosurgery & Psychiatry indicated that individuals who engaged in low levels of leisure time physical activities such as gardening are likely to have a lower risk

of stroke than peers who are sedentary. It's important to keep these findings in mind when gardening, which is perhaps more physically demanding than some may recognize. Seniors can approach gardening just like they would other forms of exercise, taking the same precautions, such as stretching before and after each session and making a concerted effort to remain hydrated, while out in the garden.

- Incorporate rest into your garden routine. Rest is vital for anyone engaged in physical activity, including gardeners. Frequent breaks during gardening sessions can help avoid strains and sprains and provide opportunities to hydrate and get out of the sun. If possible, seniors can identify a shaded spot on their properties and place a bench there so they have somewhere to rest during gardening sessions.
- Utilize ergonomic gardening tools and other specialized products. The Center for Excellence in Disabilities at West Virginia University notes that ergonomics studies movements of a person's body during physical activities in an effort to produce tools that ensure a task has as little physical impact on the body as possible. Ergonomic tools are designed to lower injury risk, improve efficiency and increase satisfaction that stems from performing a particular activity. Before each gardening season, seniors can inspect their existing tools and replace them with ergonomic alternatives, if necessary. In addition, seniors can utilize specialized products, including long-handled gardening tools that reduce the need to bend over or kneel down, to further reduce their risk of injury while working in the garden.

These simple strategies can ensure seniors' springtime gardening sessions are as safe as they are rewarding.



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LIFE ENRICHMENT PARTICIPANTS DANCED THE MORNING AWAY AND EXCHANGED VALENTINES.



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and start living your best life.



Hearing care should be part of your overall health regimen, just like going to the dentist or eye doctor. **HearingLife** can help you begin your journey to better hearing.

Keep an ear out for hearing changes

Ignoring hearing changes can make you feel disconnected from what matters most, and ultimately takes a toll on your activity levels, memory and enthusiasm for living life to its fullest.

Here's what to look out for:



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Is it difficult to follow conversations with friends or family?



Do you think you are missing sounds or not hearing all you should?

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Mention code AG60-1 when calling to receive your special offer.

*See office for details.

BRIDGING GENERATIONS



"BRIDGING GENERATIONS: A CELEBRATION OF FAVORITE THINGS"

Celebrate the vibrant perspectives of senior citizens and elementary school students, each capturing their favorite thing through various media. The artworks on display showcase the beauty of shared human experience, where memories, passions, and dreams transcend age. Senior citizens, with their rich histories and wisdom, present the things that have shaped their lives, while young students, full of wonder and imagination, reveal the world as they see it. Together, these works create a colorful tapestry that honors both the simplicity and depth of what we hold dear.



Members of the Life Enrichment program work on their **"Bridging Generations"** collaborative art project with Berkeley Heights Elementary School. The project will be on exhibit at The Berkeley Art Works in Martinsburg, WV from March 8, 2025 to April 12, 2025



Birthdays in CSS



Carol celebrating with friends in Caregiver Support Services.



Kenny celebrates his 89th birthday with friends in Caregiver Support services program at Berkeley Senior Services. Kenny is a great guy with a wonderful out look on life. He never has a bad day



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March is Colorectal Cancer AWARENESS MONTH

- Colorectal cancer is the fourth leading cause of cancer related deaths in men and women in West Virginia
- Lifetime risk of developing colorectal cancer is about 1 in 23 for men and 1 in 25 for women
- American Cancer Society recommends screening at age 45 - 75 or younger if a family history or at increased risk
- Colorectal cancer is one of the most preventable cancers
- Early detection through screening can save your life
- For more information, CALL 304.596.6893

WVU Medicine Gastroenterology – Martinsburg
880 N. Tennessee Avenue, Suite 104 | Martinsburg, WV 25401

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Berkeley

SENIOR SERVICES

Life In Action

MARCH BSS ACTIVITIES, EVENTS & MENUS

Pool Table available from 2-4pm. Mah Jong 1-4pm Call ahead.

All Activities are subject to change without notice.

Lunch is served at 11:30am. Call by 10am to reserve your meal.

Menu Items are subject to change without notice.

MON 3 Drum Ball 9:20-9:50am
Diabetes Class 9:30am
Bingo 10-11:15am Ping-pong 11-1pm
Pinochle 12-3:30pm Chair Yoga 1-2pm
Drum Ball 2-3pm Card Group 2-4pm
Lunch 11:30am Fish, Rice, Butter Beans,
Mixed Veggies, Tropical Fruit

TUE 4 Traditional Yoga 9am
Devotion with Ginger 9-10am
Fun & Fitness 11-11:30am
Dance Fitness 11:30-12pm
Line Dancing 1-3pm
Lunch 11:30am Steak Puck, Mashed
Potatoes, Brussel Sprouts, Baked Apples

WED 5 Drum Ball 9:20-9:50am
Paint Day 9:30am Bingo 10-11:15am
Line Dancing 1-3pm Knit & Crochet 1pm
Lunch 11:30am BBQ Pulled Pork. On Whole,
Wheat Bun, Baked Beans, Mixed Fruit

THUR 6 Bingocize 9-10am
Quilt Craft w/Agnes 10am
Duplicate Bridge 11:30-3:30pm
Senior Quilt Club 1-3pm
Lunch 11:30am Salisbury Steak, Mashed
Potatoes/Gravy, Broccoli, Oranges

FRI 7 Ping-pong 9-11am
Chair Aerobics 9:30-10am
Bingo 10--11:15am
Pinochle 12-3:30pm
Line Dancing 1-3pm
Lunch 11:30am Pancake w/Butter & Syrup,
Turkey Sausage, Diced Potatoes, Grapes,
Orange Juice

MON 10 Drum Ball 9:20-9:50am Bingo 10-11:15am
Ping-pong 11-1pm Pinochle 12-3:30pm
No Chair Yoga Drum Ball 2-3pm
Lunch 11:30am Grilled Chicken Salad,
Cottage Cheese, Mandarin Oranges

TUE 11 Traditional Yoga 9am Senior Singers 10am
Fun & Fitness 11-11:30am
Dance Fitness 11:30-12pm
Line Dancing 1-3pm
Lunch 11:30am Steak & Cheese w/Onion &
Peppers, Potato Wedges, Brussel Sprouts, Apricots

WED 12 Drum Ball 9:20-9:50am
Guest Speaker 9:30am Bingo 10-11:15am
Line Dancing 1-3pm Chess Club 1-4pm
Lunch 11:30am Sausage Gravy over Biscuit,
Hash Brown, Stewed Tomatoes, Fruit Juice

THUR 13 Bingocize 9-10am
Duplicate Bridge 11:30-3:30pm
Senior Quilt Club 1-3pm
Good News Gospel Bible Study 10-11:30am
Lunch 11:30am Baked Chicken, Stuffing,
Kale w/Vinegar, Cauliflower, Roll w/Butter,
Apple Sauce

FRI 14 Ping-pong 9-11am
Chair Aerobics 9:30-10am
Bingo 10-11:15am Pinochle 12-3:30pm
Line Dancing 1-3pm
Dementia Support Group 11:30-1pm
Lunch 11:30am BLT w/Cheese, On Whole
Wheat, Chips, Cherry Crisp

MON 17 Drum Ball 9:20-9:50am
St. Patrick's Day Shenanigans
Ping-pong 11-1pm Pinochle 12-3:30pm
Chair Yoga 1-2pm Drum Ball 2-3pm
Card Group 2-4pm
Lunch 11:30am Baked Pasta w/Tomato
Sauce, Bread w/butter, Peas and Carrots,
Fruit Cup

TUE 18 Traditional Yoga 9am
Devotion with Ginger 9-10am
Fun & Fitness 1-11am
Dance Fitness 11-11:30am
Line Dancing 1-3pm

Lunch 11:30am Chicken Noodle Soup,
Grilled Cheese, Crackers, Mixed Veggies,
Pineapples

WED 19 Drum Ball 9:20-9:50am
Bingo 10-11:15am
Line Dancing 1-3pm
Readers/Writers Group 10-12pm
Lunch 11:30am Stuffed Cabbage, Brown
Rice, California Blend Veggies, Roll w/Butter,
Apricots

THUR 20 Bingocize 9-10am
Duplicate Bridge 11:30-3:30pm
Senior Quilt Club 1-3pm
Bunco/New Friends Club 1-4pm
Lunch 11:30am Tuna Salad Sandwich on Bun,
Sweet Potato Fries, Beets, Peaches

FRI 21 Ping-pong 9-11am
Chair Aerobics 9:30-10am
Bingo 10-11:15am Pinochle 12-3:30pm
Line Dancing 1-3pm
Pot Luck Dinner 6-8pm
Lunch 11:30am Chicken Tenders, Tater Tots,
Peas, Carrots, Apples Sauce

MON 24 Drum Ball 9:20-9:50am
Bingo 10-11:15am Ping-pong 11-1pm
Pinochle 12-3:30pm Chair Yoga 1-2pm
Drum Ball 2-3pm
Lunch 11:30am Chicken & Dumplings, Mixed
Veggies, Beets, Fresh Fruit

TUE 25 Traditional Yoga 9am Fun & Fitness 10-11am
Dance Fitness 11-11:30am
Line Dancing 1-3pm
Lunch 11:30am Chicken Alfredo, Garlic
Bread, Carrots, Pears, Fruit Juice

WED 26 Drum Ball 9:20-9:50am Bingo 10-11:15am
Line Dancing 1-3pm Chess Club 1-4pm
Lunch 11:30am Salisbury Steak, Mashed
Potatoes, Green Beans, Corn, Mixed Fruit

THUR 27 Bingocize 9-10am Craft Day 10-11:30am
Duplicate Bridge 11:30-3:30pm
Senior Quilt Club 1-3pm
Lunch 11:30am Turkey and Cheese Wrap
Lettuce, Tomato, w/Mayo, Chips, 3Bean
Salad, Baked Apples

FRI 28 Ping-pong 9-11am
Chair Aerobics 9:30-10am
No Bingo Price is Right 10am
Pinochle 12-3:30pm Line Dancing 1-3pm
Lunch 11:30am Country Fried Steak
w/Gravy, Mash Potatoes, Yellow Squash,
Roll w/Butter, Tropical Fruit

MON 31 Drum Ball 9:20-9:50am
Bingo 10-11:15am Ping-pong 11-1pm
Pinochle 12-3:30pm Chair Yoga 1-2pm
Drum Ball 2-3pm Card Group 2-4pm
Lunch 11:30am Kielbasa w/Sauerkraut,
Potato Wedges, Peas, California Blend

For April BCSS calendar of activities,
events & lunch menu visit
berkeleyseniorservices.org



Berkeley
SENIOR SERVICES
Life In Action

APRIL BSS ACTIVITIES & EVENTS

*Pool Table available from 2-4pm. Mah Jong 1-4pm Call ahead.
All Activities are subject to change without notice.*

*For April BCSS lunch menu visit berkeleyseniorservices.org.
Lunch is served at 11:30am. Call by 10am to reserve your meal.*

TUE 1 Traditional Yoga 9-10am Devotions with Ginger 9-10am Fun & fitness 10-11am Dance fitness 11-11:30am Line Dancing 1-3 pm	FRI 11 Chair Aerobics 9:20-9:50am Bingo 10-11:15am Ping Pong 9-11am Pinochle 12-3:30pm Line Dancing 1-3pm Dementia Support Group 11:30am	MON 21 Drum Ball 9:20-9:50am Bingo 10-11:15am Ping pong 11-1pm Pinochle 12-3:30pm Chair Yoga 1-2pm Drum Ball 2-3pm	FRI 25 Chair Aerobics 9:20-9:50am Bingo 10-11:15am Ping Pong 9-11am Pinochle 12-3:30pm Line Dancing 1-3pm
WED 2 Drum ball 9:15-9:50am Bingo 10-11:15am Line Dancing 1-3pm Knit and crochet 1-3pm	MON 14 Ping-pong 9-11am Drum Ball 9:20-9:50am Bingo 10-11:15am Ping pong 11-1pm Pinochle 12-330pm Chair Yoga 1-2pm Drum Ball 2-3pm	TUE 22 Traditional Yoga 9-10am Fun &Fitness 10-11am Dance Fitness 11-11:30am Line Dancing 1-3 pm	MON 28 Drum Ball 9:20-9:50am Bingo 10-11:15am Ping pong 11-1pm Pinochle 12-3:30pm Chair Yoga 1-2pm Drum Ball 2-3pm
THUR 3 Bingocize 9-10am Quilt Craft w/Agnes 10-11:30am Duplicate Bridge 11:30-3:30pm Senior Quilt Club 1-3pm	TUE 15 Traditional Yoga 9-10am Devotions with Ginger 9-10am Fun & fitness 10-11am Dance fitness 11-11:30am Line Dancing 1-3 pm	WED 23 Drum Ball 9:15-9:50am Bingo 10-11:15am Line Dancing 1-3pm Chess Club 1-4pm	TUE 29 Traditional Yoga 9-10am Fun &Fitness 10-11am Dance Fitness 11-11:30am Line Dancing 1-3 pm
FRI 4 Chair Aerobics 9:20-9:50am Bingo 10-11:15am Ping pong 9-11am Pinochle 12-330pm Line Dancing 1-3pm	WED 16 Drum ball 9:15-9:50am Bingo 10-11:15am Readers/writers Group 10-12pm Line Dancing 1-3pm	THUR 24 Bingocize 10:30-11:30am Duplicate Bridge 11:30-3:00pm Senior Quilt Club 1-3pm	WED 30 Drum Ball 9:15-9:50am Bingo 10-11:15am Line Dancing 1-3pm
MON 7 Drum Ball 9:20-9:50am Bingo 10-11:15am Ping pong 11-1pm Pinochle 12-330pm Chair Yoga 1-2pm Drum Ball 2-3pm	THUR 17 Bingocize 10:30-11:30am Duplicate Bridge 11:30-3:30pm Senior Quilt Club 1-3pm New Friends Club/bBunco 1-4pm		
TUE 8 Traditional Yoga 9-10am Senior Singers 10-11am Fun & fitness 11-11:30am Dance fitness 11-12pm Line dancing 1-3pm	FRI 18 Chair Aerobics 9:20-9:50am Bingo 10-11:15am Ping Pong 9-11am Pinochle 12-3:30pm Line Dancing 1-3pm		
WED 9 Drum Ball 9:15-9:50am Bingo 10-11:15am Line Dancing 1-3pm Chess Club 1-4pm			
THUR 10 Binocize 10-10:30 am Duplicate Bridge 11:30-3:30pm			



**“With hospice,
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not just his
caregiver.”**

- Audrey, wife and caregiver

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