

# Centenarians celebrate at centers

FOR THE CUMBERLAND TIMES-NEWS

## GRANTSVILLE

Although Waynard Simmons favors liver and onions, he doesn't fully credit healthy eating for the longevity that recently saw him celebrate his 100th birthday at the Grantsville Senior Center.

"I eat whatever they put in front of me," Waynard said with a chuckle, noting that he is among a handful of seniors at the Grantsville center who favors the occasional liver and onion meals.

Waynard was feted with a cake and birthday party at the Grantsville Senior Center, 100 years to the day he was born, April 6, 1916. His daughters, Gail Perrine of Cranestville, W.Va., and Ann Vail of Austin, Texas, were among those in attendance.

A native of Annapolis who lived and worked in the state capital all his life, Waynard spent most of his career at the U.S. Naval Institute's Naval Proceedings publication, closing out his working years at the Maryland Law Library. In 2008, he and his wife, the late Betty Simmons, moved to Grantsville to be closer to Perrine. He lives

in the cottages at Goodwill Retirement Community.

Waynard is a regular presence at the Grantsville Senior Center, which he visits at least twice a week. "I come mainly for the lunch," he said.

The newly minted centenarian also enjoys socializing with others at the center. "If you don't get out of the house you'd go nuts," he said. "You've got to get around."

Like many of the Greatest Generation, Waynard at one time smoked, but gave it up long ago, forsaking as well the "moderate" alcohol consumption of youth. He said leaving behind such unhealthy habits is a blessing of age. "The things you give up are the things you can do without," he said.

Waynard also noted the importance of exercise, saying he walks a half-mile every day. "Just being active," he said. "That's probably the most important part."

Garrett County Community Action Committee Inc. — Aging and Nutrition Services, which operates the county's senior citizen centers in Oakland, Friendsville and Grantsville as well as weekly nutrition sites in Kitzmiller, Acci-



Submitted Photo

Grantsville resident Waynard Simmons and his daughters, Ann Vail, left, and Gail Perrine, before cutting the cake at his recent 100th birthday party at the Grantsville Senior Center.

dent and Swanton — is recognizing May as Centenarian Month and seeking out county residents who are celebrating their 100th birthdays this year.

Senior Center Opera-

tions Manager Rodney Durst invites area residents to let him know about other Garrett Countians who are turning 100 this year. Call 301-334-9431 or email rdurst@garrettcac.org.