

Republican



**MARKING ONE CENTURY** – Waynard Simmons, Grantsville, has lived a life that began when cars, airplanes, and telephones were brand new – 100 years ago to be precise. He was treated to a 100th birthday celebration at the Grantsville Senior Center on his birthday, which was April 6. He is pictured above with his daughters, Gail Perrine of Cranesville, W.Va., and Ann Vail of Austin, Texas, who attended the party for their dad. See story. Any Garrett Countian who is also turning 100 or who knows another resident who is reaching that milestone is encouraged to contact senior center operations manager Rodney Durst, who will organize a celebration. He can be reached at 301-334-9431 or emailed at [rdurst@garrettcac.org](mailto:rdurst@garrettcac.org).

## Garrett Countian Celebrated As He Marks 100 Years Of Living

by Richard Kerns,  
Garrett County Community Action Committee Inc.

Although Waynard Simmons favors liver and onions, he doesn't fully credit healthy eating for the longevity that recently brought him to 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 enjoy the occasional liver and onion meals.

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

Waynard was treated with a cake and birthday party at

the Grantsville Senior Center, 100 years to the day after he was born, April 6, 1916. His daughters, Gail Perrine of Cranesville, 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 Gail. 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 centenarian also enjoys socializing with others at the center. "If you don't get out of the house, you'll 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."

After helping Waynard celebrate his 100th birthday, senior center operations manager Rodney Durst invited area residents to let him know about other Garrett Countians who are turning 100 this year. Those who are or who know someone who is are encouraged to call Durst at 301-334-9431 or email him at [rdurst@garrettcac.org](mailto:rdurst@garrettcac.org). He will recognize the centenarian to help celebrate 100 years of living – and a century's worth of life lessons.

This project promotes the Garrett County Community Action Committee strategy

of creating an environment where Garrett County resi-

dents have access to health care and support on life skills.

thereby increasing the number of families and individu-

als who are able to live independently.