



January 18, 2023

### More info for Readers

If you see an asterisk (\*) by an article heading, there is additional information in the *Timely Resources for Readers* section of the newsletter.

### Happy New Year!

Here we are moving into 2023! Altenheim Resource Services has been helping older adults and caregivers with free information and resources since 1995. We are grateful for your support, and hope to continue helping consumers without regard to income or location. We look forward to working with you in the coming year!

### Winter Heating Assistance

OHIO: The Home Energy Assistance Program (HEAP) is a federally-funded program managed by the Ohio Department of Development. It is designed to help income-eligible consumers with winter heating costs. You can read more about HEAP, consumer eligibility, and how to apply at the [Ohio Consumers' Council website](#).

WEST VIRGINIA: Call 211 for the West Virginia Utility Assistance Program. Basic information can be found in the [WV Utility Assistance Fact Sheet](#).

### Alzheimer's Drug Given Accelerated Approval by Food & Drug Administration\*

Lecanemab (Leqembi™) was [recently given Accelerated Approval](#) by the US Food & Drug Administration. This is the second of a new category of medications approved for Alzheimer's disease that target the fundamental pathophysiology – the functional changes - of the disease instead of only the symptoms. The first drug [Aduhelm™](#) was given FDA approval in June, 2021.

### Persuading Those with Dementia\*

Caring for a loved one with dementia can be frustrating, and encouraging care receivers to do a task or not do a task may be a daily challenge. Keeping the focus of someone with dementia can make bath time, personal care, mealtimes, and other activities stressful for the caregiver and care receiver. The Alzheimer's Foundation of America offers some insights in the article [The Art of Persuasion](#) by Pam Ostrowski.

### Winter Wellness Tips\*

Be conscientious about winter safety and wellness. Get your flu shot. (Talk to your health care provider if you have concerns.) Eat healthy. (It's good for the immune system. Check out these [winter recipes](#).) Exercise. (You can do chair exercises and many areas such as malls and arenas are open for walkers.) Stay involved with people and be mentally engaged. (Take an on-line course. Connect with your local library for e-book availability. Stay connected through email, video chats, or snail mail.) Make sure to change batteries in smoke detectors, and make sure to have extra batteries in case of power outages. Keep an emergency kit. (Stay positive - Spring is only two months away!)

### Parking Ticket Scam

A recent scam reported by the BBB is the parking ticket scam. Scammers are using new technology to create very real looking parking tickets which direct "illegal parkers" to pay by Pal Pal or online using a QR code. Out-of-town visitors are often targeted. Read about [the ticket scam](#) on the Better Business Bureau's website and learn how you can avoid these cons.



### **More on Scams\***

AARP Bulletin (January / February 2023) warns consumers about scams involving calls from utility company imposters, fake heir calls, and grandparent fraud. The utility company imposter contacts the consumer and threatens to discontinue service unless payment is made. The fake heir calls involve a scammer calling to say that a dying individual wants to leave you their estate but you need to pay a fee. Grandparent scams involve grandchild imposters who 'need' money immediately or else there will be dire consequences.

### **What Do Those Numbers Mean?**

Blood pressure. Cholesterol. A1C. PSA. Weight. BMI. Waist measurement. Height. CBC. So many numbers and values which can be confusing. Here is some [information](#) that might help guide your conversation with your primary care provider. You may have more questions based on your individual health concerns. This is not to be taken as "medical advice". Always consult your health care provider about your health numbers and discuss your concerns.

### **Glaucoma**

January is observed as National Glaucoma Month. Glaucoma, a leading cause of vision loss and blindness in the United States, has no early symptoms. The only way to check for glaucoma is to get a comprehensive dilated eye exam. There's no cure for glaucoma, but early treatment can often stop the damage to people's vision. Those at higher risk: Are over age 60 \* Are Black/African American and over age 40 \* Are Hispanic/Latino \* Have a family history of glaucoma. [Learn more](#) about glaucoma. The Glaucoma Research Foundation offers [resources on glaucoma](#).

### **Wheeling Winter Freeze Shelter**

The Winter Shelter (2000 Main Street, third floor) is open from 8pm to 8am. Donations can be dropped off at 11 Community Street, (Elm Grove), Wheeling on Tuesday and Thursday 8-12 and 1-3:30 (Wheeling Housing Authority). The shelter needs blankets, twin bed sheets (fitted/flat), pillow cases, handwarmers, boots, boxer briefs (all sizes), gloves, hats, scarves, coats, sweatpants, sweatshirts. The shelter does not offer food service/meals but ask that people call the Soup Kitchen or Catholic Neighborhood Center and support their efforts. For calls with general questions, contact Joyce Wolen at 304-639-8429. The Winter Shelter will be open until March 15. (If you're not close to the Wheeling shelter and want to help in your area, check with Salvation Army offices, 211, Aged & Disabled Resource hotlines, local homeless coalitions, or Information and Referral services in your area for local shelters.)

### **Up and Coming**

"Human Trafficking: An Invisible Epidemic" – A free in-person program will be held on January 25, 2023 from 8:00 am – 4:30 pm at the Highlands Event Center, 355 Wharton Circle, Ste 235, Triadelphia. Law and social work CEs available. Contact Stacy Bishop at [stacy.bishop@usdoj.gov](mailto:stacy.bishop@usdoj.gov)

Continuing Education - Two in-person workshops will be offered in 2023 focusing on Ethics and Veterans' issues. Information will be shared when details are finalized. If you would like to be notified of upcoming workshops, contact [akoegler1995@gmail.com](mailto:akoegler1995@gmail.com).

WVU's School of Social Work is offering several Lunch and Learns. [Check out the schedule](#). Continuing Education Credit is offered to WV Social Workers.

Brain Ball – the event will be held on June 3, 2023 at Undo's West to benefit the Alzheimer's Association. Contact Tate Blanchard at [tblanchard@iccare.com](mailto:tblanchard@iccare.com) for information on sponsorships or attendance.



### Vaccinations, Boosters, Flu Shots\*

- The CDC offers [information on vaccinations](#) which are appropriate to age and health conditions.
- Covid vaccinations and boosters are available at most pharmacies. Home tests can be ordered [here](#) or [here](#). They can also be obtained at most pharmacies.
- Annual flu shots are available at several pharmacies in the area.
- Check with your physician for any contraindications.
- Be proactive with your health!
  - Be prepared when you see your health care provider. Make a list of questions. The National Institute on Aging offers [suggestions](#) to help you make the most of your visit.
- Keep a log of visits, treatments, and vaccinations you've received that includes the date and where the service was administered. The Senior Medicare Patrol and local SHIP counselors offer this [booklet](#) to help.

### Local Adult Service Coalitions

Adult Service Coalitions offer networking and educational opportunities for professionals who serve older adults. Meeting dates, times, and contacts are listed below.

#### OHIO

Belmont County: 1<sup>st</sup> Thursday at 11am at Senior Services of Belmont County, 67650 Oakview Drive, St Clairsville OH [akoegler1995@gmail.com](mailto:akoegler1995@gmail.com)

Guernsey County: 3<sup>rd</sup> Wednesday at 3pm [Stacey.clark-frame@altercareonline.net](mailto:Stacey.clark-frame@altercareonline.net)

Jefferson County: 3<sup>rd</sup> Thursday at 3pm [starr.decariarx@gmail.com](mailto:starr.decariarx@gmail.com)

Harrison County: 4<sup>th</sup> Wednesday at 3pm [tblanchard@iccare.com](mailto:tblanchard@iccare.com)

#### WEST VIRGINIA

Brooke / Hancock County: 2<sup>nd</sup> Monday at 2pm at the Brooke County Senior Center, 948 Main Street, Follansbee WV [tblanchard@iccare.com](mailto:tblanchard@iccare.com)

Ohio / Marshall County: 1<sup>st</sup> Monday at 11am at Family Service-UOV/Ohio County Senior Center, 2200 Main Street, Wheeling WV [pcalvert@fsuov.com](mailto:pcalvert@fsuov.com)

### Timely Resources for Readers

\*Alzheimer's Drug Given Accelerated Approval by Food & Drug Administration

The Alzheimer's Association offers [Lecanemab FAQs](#) on their website.

\*Persuading Those with Dementia

Harvard Health offers "[Practical advice for helping people with dementia with their daily routines](#)".

Understanding some of the 'whys' of dementia behavior may help caregivers better approach caring for their loved one. Teepa Snow, M.S., O.T., leading dementia educator, offers information on "[Why Do They Do That?](#)" on the Alzheimer's Foundation of America website. There is also [an archived webinar](#).

Winter Wellness Tips

This information offered by Bethesda Senior Living Care gives [more tips for Winter Wellness](#) and the American Heart Association has a [10-minute home workout](#). Be aware of how to be prepared for winter. This comprehensive [checklist](#) from Weather.gov will give you guidance. The American Red Cross offers information on [home emergency needs](#).

\*More on Scams

AARP has information on the [top scams to watch in 2023](#).

\*Vaccinations, Boosters, and Flu Shots

Under the Inflation Reduction Act, Medicare beneficiaries no longer have to pay out-of-pocket costs or deductibles for immunizations covered under [Medicare Part D](#)—including the [Shingles Vaccine](#).



Timely Resources

Altenheim Retirement Community

Altenheim Retirement Community  
130 years of housing for older adults  
1891-2021

**Over 130 years in Wheeling**

*Altenheim Retirement Community is located behind our Main House at 1387 National Road, Wheeling along Reymann Way and Anton Place. We are close to medical care, churches, shopping, restaurants, groceries, recreation, and other conveniences.*

Offering 8 independent cottages for those who are 65 and older  
Two bedroom, two bath, living room, kitchen room, dining room  
Stove, refrigerator, dishwasher, microwave, washer and dryer are included  
Lawn care, snow removal, general maintenance, general repairs included in monthly rent  
Utilities are not included

**We are accepting applications!**

Contact George A. Dakovic, Executive Director at [gam.dakovic@gmail.com](mailto:gam.dakovic@gmail.com).



Altenheim Resource Services

*Altenheim Resource Services, a division of Altenheim Retirement Community*

Empowering older adults and caregivers with information on aging, services and resources  
for over 25 years

Free & confidential information and no geographic limitations

Let us be YOUR GATEWAY TO CARE FOR OLDER ADULTS!

Ann Koegler, M.A., L.S.W., Resource Services Coordinator [Akoegler1995@gmail.com](mailto:Akoegler1995@gmail.com)

<https://www.altenheimcommunity.com>

Information on Altenheim, calendar of events, blog, and a photo gallery

**Contact us at 304 280-8701 with questions about resources and issues concerning older adults and caregiving.**

