



Resourceful Thinking

Vol 22 No 5
September / October 2017

FALL PROGRAMS; MEDICARE OPEN ENROLLMENT; MARYLEE SMITH RETIRES

UPCOMING WORKSHOPS

CAPACITY, COMPETENCY & UNDUE INFLUENCE

September 20, 2017 12:30pm sign in
Workshop: 1:00pm – 3:15pm

Fee: \$20.00

First Christian Church, 1343 National Road, Wheeling WV (Fellowship Hall)

What do the terms capacity and competency mean? Who makes the determination about capacity and competency? What is undue influence? These issues are of significant concern when working with older adults and those who are vulnerable.

Cathy McConnell, Executive Director of WV Senior Legal Aid, will be joining us for a workshop on capacity, competency and undue influence. Two social work CEs (Bethany College 490052) and two nursing CEs (Altenheim Resource & Referral WV 2003 0431RN) will be awarded on completion.

ETHICS IN END OF LIFE CARE

October 3, 2017 8:30am sign in
Workshop: 9:00am – 11:00am

Fee: \$10.00

Altmeyer Funeral Home, 118 Grant Street, Moundsville WV 26041

The workshop will explore the ethical challenges that impact the practice of social work in end-of-life care.

Jim Keresztury, Director of Mountains of Hope Cancer Coalition will be our special guest presenter. Two social work CEs (Bethany College) will be awarded on completion. Workshop fee is \$10.00.

Checks for either or both workshops may be made payable to Altenheim Resource & Referral Center and mailed to Altenheim Resource & Referral Services, 1387 National

Road, Wheeling WV 26003. Please pay for workshops separately.

COMMUNITY RESOURCE PROGRAM

CARING FOR THOSE WITH MEMORY LOSS

October 11, 2017 9:00am sign in

Program: 9:30am – 2:00pm

Fee: \$10.00 (scholarships available)

First Christian Church, 1343 National Road, Wheeling WV (Fellowship Hall)

WVATS / Dementia Training Outreach & Training Services (DOTS) / Community Living Initiative, Family Service – UOV, and Altenheim Resource & Referral Services will be offering a training for those who are caring for loved ones with memory loss. Speakers will represent community services and programs that could benefit families and care receivers. Lunch will be provided. Contact Regina Mayolo with WVATS at their toll-free line [1-800-841-8436](tel:1-800-841-8436) or Altenheim Resource Services at 304 243-0996 to register. Checks may be made payable to CLIC and mailed to: CLIC, PO Box 674, Morgantown WV 26057. Contact CLIC at 304 292-0186 to request a scholarship.

MEDICARE OPEN ENROLLMENT

Medicare Open Enrollment begins October 15 and will continue until December 7. This is the time that you can change your Part D product.

*You will want to review your Change of Coverage notice when it arrives to see what changes have been made to your existing product.

*You will want to look at YOUR prescription needs. Have your medications changed? Have medications been added or have you been taken off medications? You may want

to discuss your prescriptions with your physician to see if lower priced generics will meet your healthcare needs.

*What is the price of your Part D product? Will other less expensive products meet your prescription needs?

*Can you benefit from a Medicare Advantage Plan which includes your health care coverage (instead of a Medicare Supplement) and your prescription coverage?

Everyone needs to evaluate their own needs. Part D products are not “one size fits all”!

Need some help?

*Contact SHIP counselor Marsha Gordon at Information & Medicare Helpline, 304 233-6300. The office covers 16 counties in WV.

*For those outside WV, contact us at 304 243-0996 or akoegler1995@gmail.com for resources that can help you!

*Altenheim Resource & Referral Services will also be having a few programs on Medicare information with presenter John Forsyth.

MARYLEE SMITH RETIRES

I am happy for Marylee but sad for us as I announce Marylee’s retirement. Marylee Smith worked at Altenheim for over 30 years, with over 18 years with the Resource Services division. Marylee saw many changes at Altenheim including the shift in focus from residential housing for older women to cottage living for older men, women and couples. Marylee wore many hats at Altenheim. She worked with our in-house residents, answered the phone for all of us, kept the office stocked and organized, helped with the newsletter and the mailings, worked registration for our many programs and workshops, helped with health fairs and other events, assisted Ann with many of the day-to-day tasks, and always made our callers and guests feel welcome. The many things she did for Resource Services are too numerous to mention! Marylee will be very much missed but we wish her an enjoyable retirement and time to spend doing everything she wants to do....which I hope includes putting in some volunteer hours with us! Best wishes, Marylee!

OCTOBER IS MENTAL ILLNESS AWARENESS MONTH

During Mental Illness Awareness Week on Oct. 1-7, 2017, NAMI and participants across the country are raising awareness of mental illness. Each year we fight stigma, provide

support, educate the public and advocate for equal care. Each year, the movement grows stronger. Here are some statistics on mental illness:

*An estimated 26% of homeless adults staying in shelters live with serious mental illness and an estimated 46% live with severe mental illness and/or substance use disorders.

*Approximately 20% of state prisoners and 21% of local jail prisoners have “a recent history” of a mental health condition. 70% of youth in juvenile justice systems have at least one mental health condition and at least 20% live with a serious mental illness.

*Only 41% of adults in the U.S. with a mental health condition received mental health services in the past year. Among adults with a serious mental illness, 62.9% received mental health services in the past year.

Just over half (50.6%) of children aged 8-15 received mental health services in the previous year.

*African Americans and Hispanic Americans each use mental health services at about one-half the rate of Caucasian Americans and Asian Americans at about one-third the rate.

*Half of all chronic mental illness begins by age 14; three-quarters by age 24. Despite effective treatment, there are long delays—sometimes decades—between the first appearance of symptoms and when people get help.

The Wheeling NAMI Walk will be held at Wheeling Park on October 21, 2017. Registration starts at 10:00 am. There is a \$20 fee. For more information, contact NAMI at namigreaterwheeling@gmail.com.

[Source: www.namiwheeling.org]

PREPARE FOR DISASTERS

Are you prepared if disaster strikes? Ready.gov has a great deal of valuable information on their web site (www.Ready.gov) to help people prepare.

*The first step is to put together a plan. Discuss how you will receive emergency alerts and warnings. (Wireless, emergency alert system, weather radio)

Figure out your shelter plan. Will you go to a mass shelter or will you shelter in place?

If you need to leave, what is your evacuation route?

What is your family/household communication plan?

*The next step is to consider specific needs of your household.

Are there children or older adults who need help? Do you have pets?
 What are dietary needs?
 What are medical needs, including prescriptions and equipment?
 Are there disabilities or functional needs (devices and equipment)?
 *The third thing is to fill out an emergency plan. This will establish a contact plan with names and numbers.
 *The fourth step is to practice the plan with your family and household. This will help the plan become "second nature" if you need to implement it.
 *You will want to check your insurance coverage. Inventory and document your possessions, and keep your list or video in a safe place. Make sure to keep your important papers safe.
 Go to the website for helpful tips and forms. You will find a Family Emergency Communication Guide, Steps to Make a Plan, Tips on Emergency Alerts and Warnings, and several free publications.
 The time to prepare for a disaster is before a disaster strikes!
 [Source: www.Ready.gov]

NORTHERN PANHANDLE WALK TO END ALZHEIMER'S

The 2017 Walk to End Alzheimer's will be held on Saturday, October 14 at Bridge Street Middle School in Wheeling. Registration begins at 8:30am, the Opening Ceremony is at 10am and the Walk begins at 10:30am. You can register online at http://act.alz.org/site/TR/Walk2017/WV-WestVirginia?fr_id=10240&pg=entry.

ADULT SERVICE GROUPS

Adult Service groups meet around our area. The purpose of these groups is to provide an educational and networking opportunity for local professionals who serve adults in our WV – OH area. Groups meet in Belmont County, Guernsey County and Jefferson County in Ohio, Marshall County and Monongalia County in WV.

CAREGIVER SUPPORT GROUPS

There are several support groups in the area that focus on different needs. Call Ann at 304 243-0996 for information on groups that include Alzheimer's disease, Lewy Body disease, Grief & Loss and Mental Health.

CAN WE HELP YOU?

Internet searches have become our way of gathering information. But – are the websites reliable? Is the information accurate? Do the services meet YOUR needs? Are helpful suggestions offered? (One service told a caregiver to "check the Yellow Pages" for the information she needed and offered the Yellow Pages website as a solution!)

Let us help. We serve anyone in need of assistance regardless of location, age or income.

Altenheim Resource & Referral Services has been helping older adults, caregivers and professionals locate services and learn about aging issues for over 22 years.

Consultation, information, and referrals are provided without charge and remain confidential. If we are unavailable and you need to leave a message, our answering system is easy – just speak after the beep!

- We also
- *offer programs that are free and open to the public
 - *offer workshops with Continuing Education Credit for social workers and nurses
 - *offer presentations to your group

Feel free to call us at 304 243-0996, email Ann at akoegler1995@gmail.com or contact us through our web site at www.altenheimcommunity.com. We'd be happy to help you!

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Let us be
 Your Gateway to Care for Older Adults!

Hours:
Monday – Friday
8am – 4pm

Altenheim
Administrative Building
1387 National Road
Wheeling WV 26003



www.facebook.com/altenheimresourceandreferral