



Resourceful Thinking

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March – April 2015

UPCOMING PROGRAM; SOCIAL WORK MONTH; TWENTY YEARS AGO IN MARCH

FREE PROGRAM on IDENTITY THEFT

YOU ARE AT RISK!
Identity theft happens when someone steals your personal information and uses it without your permission. It is a serious crime that can wreak havoc with your finances, credit history and reputation. There is a greater risk of identity theft today than ever before. How do you protect yourself?

We will be offering a *free, community program* on April 9 from 2:00 pm – 3:00 pm at First Christian Church, 1343 National Road, Wheeling in the downstairs Fellowship Hall.

Sign-in start at 1:15 pm. Our guest presenters include Ed Lettieri. Ed is Vice President, Financial Advisor Consultant with American Century Investments and has been in financial services for more than 22 years. Pete Holloway, CFP, Senior Vice President of Hazlett, Burt & Watson, and Walker Holloway, Financial Advisor, Hazlett Burt & Watson will also be with us to discuss what we can do to

be proactive in protecting our identity. Join us to learn about:

- What IS identity theft?
- How can you enhance security?
- How much security do you need with social media?
- What documents do you keep and what do you destroy?
- Credit card safety
- Protecting mail & personal belongings
- What do you do if you think you are a victim?

Call 304 243-0996 or email akoegler@frontier.com to reserve your seat for this timely program!

SAVE THE DATE: CAREGIVER SUPPORT FAIR

The 16th Annual Caregiver Support Fair is coming in May! The event will be held at the Ohio Valley Mall on Tuesday, May 5 from 10 am – 3 pm. We had a record number of exhibitors last year offering information on all types of elder care and services. We

will be redesigning the layout this year to better accommodate our exhibitors, Fair attendees and special events. Don't miss this event! Consumers can learn about agencies that offer information and services to seniors, caregivers and those with disabilities. Exhibitors have the opportunity to showcase their agencies, distribute information and meet consumers and colleagues. Call Ann at 304 243-0996 or email akoegler@frontier.com to make sure that your agency is on the contact list. We want to see YOU at the Fair! Registration forms are available by mail, fax or email. Registration MUST be submitted by April 1.

MARCH IS SOCIAL WORK MONTH

March 2015 is the month to celebrate social workers! The theme for this year's observance is "Social Workers Pave the Way for Change". Social workers have worked to improve civil rights, and worked to implement positive change in the daily lives of thousands of people. Social

workers have worked to improve the rights of women, African Americans and other ethnic minorities, and the LGBT community. They have also pushed to strengthen the social safety net through programs such as Medicaid, Medicare, and the Affordable Care Act, and advocated for social justice initiatives such as the Voting Rights Act and the Community Mental Health Act. Social workers also make a difference in the day-to-day lives of millions of Americans by helping to build, support and empower positive family and community relationships. For example, they work in schools helping students overcome obstacles to their education; they work in hospitals helping patients navigate their paths to recovery; and they work in agencies and organizations. Thank you and best wishes to my colleagues!

TWENTY YEARS of SERVICE!

Twenty years ago – on March 6 to be exact! – I began my employment with Altenheim as Resource Services Coordinator. What a great experience! I would like to offer a heartfelt thank you to the community, my colleagues across the country, our Executive Director and Board of Trustees. I am blessed to have had the flexibility to help this program grow and help many people.

The only constant in life is change, and we have seen many changes through the years. Programs and

agencies came and went, merged and changed. Colleagues changed. We have met people that have become close friends. We have lost people that were friends, mentors and colleagues. It's hard to imagine that 20 years have passed!

We hope to continue to be YOUR GATEWAY TO SENIOR CARE!

BELMONT COUNTY CAREGIVER DINNER

The 5th Annual Belmont County Caregiver Dinner will be held on September 15, 2015 at Undo's in St Clairsville Ohio. (Please note the date has changed!) The dinner will run from 6pm – 8pm with registration beginning at 5:15 pm. The Area Agency on Aging Reg 9 is heading up the plans, and is also taking nominations for Caregiver of the Year (non-professional caregivers). For more information on the dinner and/or to nominate a caregiver, contact Laurel DuBeck at 800 945-4250. Exhibits are available for participants and entertainment is provided.

2015 WALK TO END ALZHEIMER'S

The Wheeling Walk to End Alzheimer's is scheduled for Saturday, October 10 at Wheeling Park. Registration begins at 8:30 am and the Walk event begins at 9:45 am. You can go to www.alz.org/wv and follow the links for the Walk to End Alzheimer's to register. Start a team! Join

a team! CATCH THE PASSION and join us at the Walk!

In preparation for the Walk, a Volunteer Kick-Off is going to be held at Christ United Methodist Church, 1232 National Road, Wheeling, on Thursday, April 30 from 5:30pm – 7:00 pm. We invite all who are interested in joining the Planning Committee, those interested in volunteering, and those who want to see what it's all about. It is a casual event and we will have refreshments. Parking is available at the church.

Contact the WV Alzheimer's Association at 800 272-3900 to RSVP!

DO YOU HAVE A FEW HOURS TO SPARE?

We need volunteers to help with a few things at Altenheim Resource Services! We offer a newsletter every other month, and help is needed with assembling, folding and tabbing. Volunteers may also be involved in staffing our table at health fairs and other meetings. Give us a call at 304 243-0996 if you have a few hours to spare.

HOW DO YOU WANT TO BE IDENTIFIED?

Oh, holy moley! Tucked in between the electric bill and an ad for insurance was a letter from the WV Bureau of Senior Services. A conference? Results of the Listening Tour? NO!!! It was an application for my Golden Mountaineer Card! AARRGGHH!!! How did

that happen? Surely, that must be intended for somebody else. No...my name, my address. I think my eyes glazed over at that point. I am there. I am a senior citizen. The thought made me shudder. I'm very happy to have made it, I just don't like that I am no longer young and I don't like the 'label' of 'senior'! Which brings me to the point of this newsletter blurb. Now that I have reached a new level of awareness about labels, I come to you – Resourceful Thinking readers – for help. This newsletter reaches a broad range of people and I would really appreciate input from each of you regardless of age! Here is the issue: We have heard the terms 'senior citizen', 'mature adult', 'older adult', and many others that aren't so complementary: 'old geezer', 'old goat', 'grandma' and many others. I have found that I don't like any of those terms!

Here is the question: how do YOU want to be identified? [Note: The ideal situation is that we avoid labels. We try to avoid it and focus on the person. But, we also know that labels will continue and they will be tweaked. Let's take control and tweak this one for ourselves!] Email me at akoegler@frontier.com or call us at 304 243-0996 or go to our website and leave a comment. I will be posting this on our blog. Also, if you don't mind, let us know your age range (25-35, 36-45, 46-55, 56-65, 66-75, 75+). Thank you for your help!

COGNITIVE ASSESSMENT TOOL

The National Institute on Aging is offering a publication for primary care physicians: "*Assessing Cognitive Impairment in Older Patients: A Quick Guide for Primary Care Physicians*". Cognitive impairment in older adults has a variety of possible causes. Earlier diagnosis offers families the opportunity to plan and prepare for predictable changes. The publication is available for download from the NIA's website: <http://www.nia.nih.gov/alzheimers/publication/assessing-cognitive-impairment-older-patients#galvin>. The NIA also offers many publications on a range of topics including: "*Diagnostic Guidelines for Alzheimer's Disease: Frequently Asked Questions for the General Public*", "*Safe Use of Medicines*", "*Choosing a Doctor*" and many other publications on caregiving, general health, and Alzheimer's & related dementias. Go to www.nia.nih.gov to see what is available.

ENCOURAGING COOPERATION FROM A PERSON WITH DEMENTIA

No! No! No! Often, when trying to help a loved one with dementia, this is what we hear. How can we elicit cooperation? Home Instead offers these helpful hints.

*Be willing to compromise. If your loved one won't shower, will they agree to a sponge bath?

*Will bribery help?

Try tying a reward to the desired outcome.

*Use the 'three tries' method. Try three different ways of gaining cooperation.

*Don't take 'no' personally. "NO" is often a result of the cognitive impairment, not resistance to the suggestion.

*Offer limited choices. This helps your loved one remain 'in control' by making their own choice.

[Source:
www.caregiverstress.com]

CAN WE HELP YOU?

We at Altenheim Resource & Referral Services serve anyone in need of assistance with aging and caregiving issues, regardless of location. Consultation, information and referrals are provided without charge and remain confidential. We offer programs that are free for the community and also offer inexpensive workshops for professionals. You may need to leave a message since there are just two of us to cover the office but our phone system is not complicated! If you need to leave a message, you just speak after the tone. Call us. We'd be happy to help you!

ONCE AGAIN...

Thank you for 20 years. Thank you for your support.

Let us be your Gateway to Senior Care!