



# Resourceful Thinking

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## SOCIAL WORK MONTH; TAX SCAMS; BEING YOUR OWN BEST HEALTH CARE ADVOCATE

### MARCH IS SOCIAL WORK MONTH!

**Social Workers: Leaders. Advocates. Champions.**

Every day the nation's 650,000 social workers act as advocates, champions and leaders who make our society a better place to live. Social workers are trained to look at situations in a holistic way, bringing people together with others and their communities to find ways to address pressing individual, group and societal problems such as hunger, affordable housing, equal rights for all and making organizations and government accountable.

Social workers also follow the NASW Code of Ethics, which calls on members of the profession to enhance human well-being and help meet the basic needs of all people, with particular attention to the needs and empowerment of people who are vulnerable, oppressed, and living in poverty.

As the nation commemorates Social Work Month in March, it is important for the public to recognize that the need for social workers to be strong advocates, champions and leaders is more important than ever.

### BE AWARE OF SCAMMERS!

Tax-filing season started Jan. 29, and scammers are in full swing attempting to defraud both tax-preparation professionals and tax filers, the Internal Revenue Service says in a new warning.

Posing as potential clients or IRS employees, fraudsters are emailing accountants and tax-preparation professionals seeking to trick them into disclosing sensitive information in order to gain access to their real clients' names, addresses and Social Security numbers.

The scammers then try to use the stolen information to impersonate taxpayers and file fraudulent tax returns for refunds.

The IRS also is again warning taxpayers that they should not be fooled by scammers who call or email about issues related to their taxes, demanding immediate payment or requesting personal information.

We have already had fake IRS calls saying that "they" will send the police to get us for money owed. Don't fall prey to this scam! Don't answer the phone. Don't engage them in conversation. Just hang up.

The IRS says it contacts taxpayers by mailed letters — not email, texts or social media. The IRS rarely, if ever, contacts taxpayers by phone, and will never call you asking for your debit or credit card information. If you doubt the authenticity of an IRS phone call, contact the IRS at 800-829-1040.

[Source: "IRS Imposters Strike Again", AARP, [www.aarp.org](http://www.aarp.org)]

**BE YOUR OWN HEALTH  
CARE ADVOCATE**

Remember the old days when our primary care docs took care of everything? They took care of most of our basic medical needs (fewer specialists back then!), and they spent time with us hearing about our issues – health and otherwise – taking a more holistic approach to our care. Not anymore. Today we need to be on our toes in protecting our health and the health of those we love.

We need to track our appointments. We need to be aware of all the meds we take, the possible side effects and who prescribed them. We need to maximize our time with our doctors so we can outline our issues and make the most of the time that is given us. We need to ask questions. (Make a list!) We need to be assertive about our health care and the care of our loved ones.

We need to take the lead on our own health care. Practice wellness instead of practicing the treatment of illness. Be attentive to preventive measures such as regular check-ups, screening tests such as colonoscopies, PSA tests, mammograms and cholesterol and blood pressure screens. Watch your diet. Many sources now promote a Mediterranean diet for health and wellness. Exercise. Take care of your mental, spiritual and emotional health just as you take care of your physical

health. (Church, yoga, meditation, walking, reading – whatever gives you the mental respite you need.) You cannot stop aging. You often cannot stop the impact of a chronic illness or debilitating injury. But - there is a great deal you can do to take responsibility for your own well-being, and to be the best you can be!

**2018 PROGRAMS**

We are working on our spring program schedule for the community (Personal Enrichment programs) and for professionals (workshops with continuing education credit). Here is a sampling of what we have coming up in the next few months.

**THE GIFT OF FUNERAL PRE-PLANNING**

March 15, 2018

1pm-3pm

Free / open to the public

We will be partnering with Wilson Funeral Home to bring an informational program on funeral pre-planning. Taking care of these arrangements before they are needed is a great 'gift' to give families as dealing with funeral arrangements at the time of death is difficult and emotional. We are vulnerable. We are spent. We don't need to be making these decisions when we are dealing with grief and loss. Jarrett Wilson and Marcy Tennant of Wilson Funeral Home will discuss options (burial vs. cremation), costs, and other details that will help us make decisions. This

informational program is offered **FREE** and will be held at First Christian Church, 1343 National Road, Wheeling from 1pm-3pm. Come and learn about your options!

**LEGAL PLANNING FOR OLDER ADULTS**

April 3, 2018

CEU workshop

Details TBD

This workshop will be offered on April 3 with continuing education credit for social workers. Details are still being finalized. Call us for details on this upcoming program.

**CREATING YOUR ADVANCED CARE DOCUMENTS**

April 19, 2018

1pm-3pm

Free / open to the public

In observance of Health Care Decisions Month, Robert Kolb, MSW, Valley Hospice will provide information on our health care documents, and will give participants the opportunity to complete their Medical Powers of Attorney and Living Wills. The **FREE** program will be held at First Christian Church, 1343 National Road, Wheeling from 1pm-3pm and is open to all. We all need to have our Advanced Care documents completed to protect us in case we can't speak for ourselves!

**UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIORS**

June 20, 2018

1pm-3pm

Free/open to the public

In observance of Brain Health and Awareness

Month and The Longest Day, Morgan Pavol of the Mid-Ohio Valley office of the WV Alzheimer's Association will be presenting our program on Dementia Related Behaviors. We are partnering with Good Shepherd Nursing Home to bring this **FREE** program to the community. The program will be held at Good Shepherd in the staff education room from 1:00pm – 3:00pm with sign in starting at 12:30. Call us at 304 243-0996 or email [akoegler@frontier.com](mailto:akoegler@frontier.com) to reserve your seat. Seating is limited.

Call Altenheim Resource & Referral Services at 304 243-0996 to reserve you seat for any of these programs.

**OLDER ADULTS EXPO:**  
**NEW NAME FOR**  
**TRADITIONAL EVENT!**

Our annual event is coming up at the Ohio Valley Mall on May 1! Formerly known as the ANNUAL CAREGIVER SUPPORT FAIR, the event has been renamed the OLDER ADULTS EXPO. We will still focus on the needs of older adults and their caregivers but hope to broaden the focus to encompass the changing lifestyles of our community's older adults. The event will be held at the Ohio Valley Mall in St Clairsville Ohio on Tuesday, May 1, 2018 from 10am – 3pm. Exhibitors will provide information, giveaways and health screens for Fair attendees. Entertainment is offered

and a Fashion Show is held in the afternoon.

There is NO fee to exhibit although exhibitors need to register and most need to provide a certificate of liability insurance.

The event is free and open to the public, and attendees can learn about services that are available to them whether they live in Ohio or West Virginia!

Want to participate? Have questions? Contact me at 304 243-0996 or [akoegler@frontier.com](mailto:akoegler@frontier.com) for general information or to obtain registration information!

**ADULT SERVICE GROUPS**  
**MEET IN THE AREA**

Several adult service groups meet in the area. These groups focus on networking and education. Agencies providing services to older adults are encouraged to attend. Contact us for information on local groups.

**CAREGIVER SUPPORT**  
**GROUPS**

Many support groups are available to help people deal with many issues. Contact us to see if there is a group to meet your needs in your area.

**CAN WE HELP YOU?**

People may need help as caregivers or care receivers, and often don't know where to turn for information. Altenheim Resource & Referral Services has been helping seniors, caregivers and professionals locate services and learn about

aging issues for over 20 years.

We also offer programs and workshops. Personal Enrichment Programs are free and open to the public. Workshops with Continuing Education Credit are offered for social workers and nurses at a small fee.

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

Do you need someone to speak to your group about aging and caregiving? Feel free to call us at 304 243-0996, email Ann at [akoegler@frontier.com](mailto:akoegler@frontier.com) or contact us through our web site at [www.altenheimcommunity.com](http://www.altenheimcommunity.com). We'd be happy to help you!

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Let us be  
Your Gateway to  
Care for Older  
Adults!

Our Hours:  
Monday – Friday  
8am – 4pm



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