



Resourceful Thinking

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SELF-CARE: STAYING HEALTHY

STAYING HEALTHY THINK BODY / MIND / SPIRIT WELLNESS

Many of us continue to work from home even as we “re-open”. The isolation of quarantine and the anxiety of beginning to re-enter the world when we are uncertain of the course of the coronavirus can adversely affect our physical and our mental health.

Here are some tips to help you.

BODY

- *Be aware of your body & note changes. You know what is normal for you. Keep your doctor informed if you see .
- *See your primary care doc as recommended and prudent.
- *Have recommended mammograms, prostate exams, colonoscopies, blood work and labs.
- *Maintain a heart healthy diet.
- *Exercise as you are able and as your doctor approves. (There are chair exercises and other exercise programs for those who have physical limitations/challenges.
- *Think brain health. (Diet, exercise, stimulation)
- *If you smoke, STOP! It’s never too late to see a benefit.
- *Take care of your dental health. Dental health impacts nutrition, immune system and others.

MIND

- *Maintaining maximum health will help combat some of the more common risks of aging and if you do get sick, your body will be better equipped to fight the problem.

*Keep your mind active! Read, learn a language, do puzzles.

*Nurture relationships. There are several sources that support the value of human connectedness. “Social connections help relieve harmful levels of stress, which can harm the heart's arteries, gut function, insulin regulation, and the immune system. Another "connected" way to ease stress is with caring behaviors, which trigger the release of stress-reducing hormones.” Try Facetime or a Zoom meeting with family. Call a friend.

*Laugh. Read jokes or tell jokes. See the humor.

*Keep a positive attitude. Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may provide include lower levels of distress, greater resistance to the common cold, better psychological and physical well-being, reduced risk of death from cardiovascular disease, better coping skills during hardships and times of stress. It's unclear why people who engage in positive thinking experience these health benefits. One theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body. It's also thought that positive and optimistic people tend to live healthier lifestyles — they get more physical activity, follow a healthier diet, and don't smoke or drink alcohol in excess.

*Try yoga or meditation. Practice breathing exercises.

SPIRIT

***Have an attitude of gratitude! “In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.”**

***Feed your spirit. Seek spiritual wellness. The University of New Hampshire defines spiritual wellness as “...finding meaning in life events, demonstrating individual purpose and having the ability to be compassionate towards others’ and goes on to cite signs of spiritual wellness:**

***Development of a purpose in life**

***Ability to spend reflective time alone**

***Taking time to reflect on the meaning of events in life**

***Having a clear sense of right and wrong, and act accordingly**

***Ability to explain why you believe what you believe**

***Caring and acting for the welfare of others and the environment**

***Being able to practice forgiveness and compassion in life**

***Is spiritual wellness good for us? “The human spirit is the most neglected aspect of our selves. Just as we exercise to condition our bodies, a healthy spirit is nurtured by purposeful practice. The spirit is the aspect of ourselves that can carry us through anything. If we take care of our spirit, we will be able to experience a sense of peace and purpose even when life deals us a severe blow. A strong spirit helps us to survive and thrive with grace, even in the face of difficulty.”**

***Many factors play a part in spiritual wellness! Faith, beliefs, values, commitment to a greater good – it’s YOUR personal journey. What makes the journey good for you?**

[Sources:

www.health.harvard.edu/press_releases;

[www.mayoclinic.org/healthy-living/stress-](http://www.mayoclinic.org/healthy-living/stress-management-depth/positive-thinking/art-20043950)

[management-depth/positive-thinking/art-](http://www.mayoclinic.org/healthy-living/stress-management-depth/positive-thinking/art-20043950)

20043950;

[www.unh.edu/health-](http://www.unh.edu/health-services/ohesp/spiritual-wellness)

[services/ohesp/spiritual-wellness\]](http://www.unh.edu/health-services/ohesp/spiritual-wellness)

CORONAVIRUS SCAM!

Here we go! Another scam, this one involving ‘contact trackers’. WV Attorney General Patrick Morrisey has warned us of a scam that has been reported to the Federal Trade Commission.

Contact tracing is the process of identifying persons who may have come into contact with an infected person. Contact tracers collect additional information to try to mitigate the spread of the virus through tracing and monitoring infected people, maintaining safe and effective quarantines, increasing numbers of staffers, and through digital tools.

The con involves the scammer impersonating a state or local health department official who urges the recipient to click on a link for more information. That link, of course, exposes the device to malware and the potential theft of personal information.

Anyone who receives such a text message should contact the health department through a phone number or website that is legitimate. Do NOT call the number or click on the link listed in the message!

Attorney General Morrisey explains that legitimate contact tracers are hired by state and local health departments. Their job is to identify those who have had contact with a confirmed COVID-19 patient. They then instruct those individuals to quarantine and the contact tracer keeps a daily check on their symptoms.

Although this alert came from the West Virginia Attorney General’s office, consumers everywhere must remain cautious, pro-active and informed. Attorney General Morrisey warns, “Scammers never cease to find new ways to steal from consumers. Consumers must remain ever vigilant and protect their personal, identifiable information. Never click on an unfamiliar

link and never share information without verifying who is on the other end.”

Remember - no one is safe from scammers. These people have one thing as a goal: get your personal information and / or get your money.

An article in the AARP Bulletin states that “is very likely a sophisticated, professional enterprise” behind the call, text or email. The article goes on to say that the industry is international in scope, bilking older Americans out of roughly \$3 Billion each year.

Be cautious and be pro-active. The promises of deals aren’t legitimate. Clicking on that link could leave your device open for hacking. The number on the text message or email is not going to take you where you think you are going.

Don’t let them take advantage of you, and keep an eye on older relatives that may be vulnerable. If you or a loved one has been scammed, contact your state’s Attorney General’s office and the Federal Trade Commission.

Sources: “News from the Attorney General’s Office”, Curtis Brown, May 28, 2020; “Contact Tracing”, Centers for Disease Control, www.cdc.gov; AARP, “How International Fraud Rings Operate and Target Older Americans”, April 1, 2020, <https://www.aarp.org/money/scams-fraud/info-2020/international-fraud.html>.

ADULT SERVICES COALITIONS

We have several Adult Services Coalitions in the area: Belmont County, Harrison County, Guernsey County & Jefferson County in Ohio and Marshall County, Ohio County, & Brooke / Hancock County in West Virginia.

These groups have been meeting via Zoom which has been advantageous for all of us in maintaining contact with our colleagues and also in keeping us informed with agency activities and changing Coronavirus policies.

For more information on the Zoom meetings, please contact me for information. Our colleagues are welcome to be involved in the Zoom meetings!

WORKING FROM HOME

Like so many of my colleagues, Resource Services is continuing to be available for those who need our support. We are staying in touch with colleagues so we know what is available for those who need help.

Most of our events have been cancelled, and we have no idea what we may be able to schedule in the future. Some agencies have been told that they will be working from home until the end of the year.

Regardless of where our work space is, we are here to help you. Do not hesitate to reach out to me! I will do the best I can to assist you, and to get you the information you need.

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www.altenheimcommunity.com

If you need to get a message to me, call the Retirement Community at 304 242-3340 and ask Mr. Dakovic to send me a message. You can also call 304 280-8701. (Regrettably, I cannot remotely access our phone service nor can I forward calls from my office.)

This continues to be a most challenging time. We’re in this together. We can support each other and lend support to get through the pandemic and the social unrest.

Stay safe. Be well. Wash your hands. Wear a mask. Maintain your distance.

RESOURCEFUL THINKING

Our newsletter is available through email or on our website. If you would like to receive an emailed copy, please let us know. If you would like removed from the mail list, please call me at 304 243-0996 or email me at akoegler1995@gmail.com and your name will be removed. You can also access our newsletter on the Altenheim website at www.altenheimcommunity.com.

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