



April 16, 2026

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

April is Parkinson's Awareness Month!*

What do you know about Parkinson's Disease? Here are some interesting facts:

*Nearly 90,000 people in the U.S. are diagnosed with Parkinson's each year, an increase from previous estimates and *By 2030, an estimated 1.2 million people in the U.S. will be living with Parkinson's.

*Scientists believe a combination of environmental and genetic factors cause PD.

*People with Parkinson's experience both [movement](#) and [non-movement](#) related symptoms.

*Symptoms can be managed through [treatments](#) like medications, lifestyle changes, exercise, and in some cases, surgery.

*[Early-onset Parkinson's disease](#) occurs in people younger than 50 years of age.

*Incidence rises with age, is higher in men, and varies by geographic region, reflecting an aging population.

[Source: Parkinson's Foundation, <https://www.parkinson.org/understanding-parkinsons/statistics/prevalence-incidence>]

When Should Someone Stop Driving?*

We often talk about when someone should stop driving, and age frequently comes into the conversation. But aging isn't the issue. The issue is ability. Can a person – of any age – safely operate a vehicle? What affects their driving? What needs to be considered? Are there options for transportation assistance? Consider a driving simulation assessment. There are apps and there are in-person simulators. Talk to your loved one's primary health care provider about your loved one. The Ohio Department of Aging offers tips in "[When Should Someone Stop Driving?](#)"

Resilience

Resilience is defined as the ability to cope and deal with adversity but that simplifies the complexity of resilience. [Abd Basheer, PhD](#), discusses four types of resilience and how we can apply the information to our lives. We can cultivate resilience. Check out this month's Deeper Dive and read more about developing resilience. During these challenging times, we need to find ways to adapt as our world changes daily...sometimes by the hour.

Scams

Social Security and Inspector General Imposters: Scammers are impersonating representatives from the Social Security Administration and the Office of the Inspector General trying to get your personal information. They advise you to click on a link to connect to your Social Security statement. Don't click on the link! If you have questions, contact the Social Security Administration directly at 800 772-1213 or go to their website at www.ssa.gov.

[Source: Social Security Administration, <https://www.ssa.gov/scam/>]

Fake CAPTCHA Security: Identity scammers are using realistic but fake CAPTCHA pages to scam Windows users into running malicious commands that download an information-stealer. CAPTCHA is a security system that differentiates between humans and automated bots. (This is the combination of squiggly letters and numbers you are asked to enter to prove you are human.) The captcha scam directs scamees to press Windows Key + R, then Ctrl + V, then Enter — a sequence that pastes and runs a hidden command from the clipboard. Security at one cybersecurity company say the scam known as



“StealC” can glean browser credentials, Outlook login data, crypto-wallet data and more. Do NOT follow those commands!

[Source: Identity Theft Resource Center, <https://www.idtheftcenter.org/post/new-captcha-scam/>]

Medicare Telehealth Coverage

Prior to Covid, Medicare coverage of telehealth was limited. During Covid, telehealth coverage was temporarily expanded. This has now been extended through December 31, 2027, and covers *all beneficiaries in any geographic areas and includes home and health care settings, *is generally provided via an interactive, two-way audio and video technology (limited services can be provided using audio only such as behavioral health services), *a broader range of providers is covered. For more information on Medicare, telehealth, Medicare Savings Programs, and more by calling your area [SHIP \(State Health Insurance Assistance Program\)](#).

Gardening as Therapy*

Gardening can be therapeutic for anyone and those with cognitive impairment may see additional benefits. Horticulturist Sallie Stutz offers information on “[Enhancing Memory & Attention through Gardening](#)” in Alzheimer’s TODAY. She states that “...repetitive-focused activities can calm the mind and give relaxation. Caring for plants enhances memory and attention, which can benefit people with cognitive impairment.” Make sure that your person has no allergies. Be aware that some people may mistake the plant for the soil or food. Encourage conversation while doing the activity. Use sensory stimulation – smell and touch the plant. Praise. Use the time to connect with your person. Watch out for insects! (See the following article.)

Be Careful of the Insects

Most of the winter weather is behind us and we are starting to emerge from our homes to enter the great outdoors. We are not alone. Beware of the bugs of summer! [Ticks](#), which are parasitic arachnids, are a big problem already. Ticks can carry Lyme Disease and Rocky Mountain Spotted Fever, and can range in size from 3 – 5 mm in length. [Mosquitos](#) are also disease carriers for humans and animals, and can be found throughout the world. They are considered the [world’s deadliest creature](#). We need to be cautious of [stinging insects](#) such as hornets, wasps, and yellow jackets. The stings are not only painful, but they can be dangerous or fatal for those who suffer allergies. Take preventive measures. *Wear insect repellent. *Check your clothes when you come in from outside activities. *Check your body for ticks. *Empty standing water and standing water sources. Be proactive!

Myasthenia Gravis Support Group

The Support Group will meet on April 18. Interested persons with MG or their caregivers may call Jay Adams at 304 780-9274 to register or for information.

Wheeling Parkinson’s Support Group

The Wheeling Parkinson’s Support Group will meet on April 24, 2026 at Family Service Upper Ohio Valley (Ohio County Senior Center), 2200 Main Street, Wheeling WV, at 10:30 am. Parking is available. There are other Parkinson’s support groups available in the area. Contact us for information on other groups.

Up and Coming

Ohio County Public Library (Wheeling WV) Spring Book Sale will be held on April 24th from 10am – 4:30pm and April 25th from 9am – 4:30pm. (Check with your local library for their book sales!)



The Senior Support Fair will be held at the Ohio Valley Mall on May 5, 2026, from 10am – 2pm and offers information on resources and services in the surrounding area. The event is free to participants, and exhibitors will offer information, giveaways, and door prizes.

The Upper Ohio Valley Walk to End Alzheimer's will take place at Wheeling Park on Sunday, September 27. Opening ceremony will be held at 1pm and the Walk starts at 2pm. For more information, contact Christina Beck at cbeck@alz.org.

Vaccinations, Boosters, Flu Shots

Talk to your primary health care provider about vaccinations that will benefit you, and check with your insurance plan regarding coverage. This is [the list of recommended vaccinations for adults currently on the CDC website](#). Reports have indicated that those older adults with Medicare who request vaccinations will [still have coverage](#).

Local Adult Services Coalitions

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

OHIO

Belmont County: 1st Thursday at 11am at Senior Services of Belmont County, akoegler1995@gmail.com

Guernsey County: 3rd Wednesday at 3pm Stacey.clark-frame@altercareonline.net

Jefferson County: 3rd Thursday at 3pm at Jefferson County Chamber of Commerce, starr.decariarx@gmail.com

Harrison County: 4th Wednesday at 3pm at Cadiz Senior Center Starr.decariarx@gmail.com

WEST VIRGINIA:

Brooke County: 2nd Monday at 2pm at the Brooke County Senior Center Chris Orris at corris@valleyhospice.org

Ohio County Adult Services Coalition: 3rd Tuesday at 2:00pm at the Ohio County Public Library, 52-16th Street, Wheeling scarlett@jarvisfirm.com

Marshall County Senior Coalition: 2nd Weds at 2:30pm at Marshall County Senior Center corris@valleyhospice.org

Timely Resources for Readers

A April is Parkinson's Disease Awareness Month!

- [Parkinson Foundation of Western Pennsylvania](#)
 - General information, webinars, events, area support groups
- [Michael J. Fox Foundation](#)
- [American Parkinson Disease Association](#)

A When Should Someone Stop Driving?

- The Hartford offers information on [Comprehensive Driving Evaluations](#) and other information on driving skills such as [Exercise for Mature Drivers](#), with information on how staying fit can help driving skills. For those concerned about drivers with dementia, The Hartford offers [At the Crossroads](#).

A Gardening as Therapy

- You can get a [free e-subscription to Alzheimer's TODAY](#), a publication of the Alzheimer's Foundation of America.



Altenheim Retirement Community

Founded 1891

Our cottages are situated adjacent to our Main House at 1387 National Road, Wheeling

Conveniently located close to medical care, churches, shopping, restaurants, recreation

Offering 8 independent cottages for those who are 65 and older

Two bedroom, two baths, 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

Pets considered ~ call for our pet policy

We are accepting applications!

Contact George A. Dakovic, Executive Director at gam.dakovic@gmail.com or 304 281-8797



Altenheim Resource Services

Altenheim Resource Services, a division of Altenheim Retirement Community for over 25 years

Empowering older adults, caregivers, & advocates with information on aging, services and resources

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

<https://www.altenheimcommunity.com>

Information on Altenheim, Resource Services, 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.

