



March 15, 2024

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

### **March is Social Work Month**

*Empowering Social Workers* is the theme for 2024. Social workers are involved with all ages and work with any number of issues. Working in the field requires formal education and training at a college or university, and it also entails continued education for licensure and licensure renewals. Read more about social work and the theme of Social Work Month on the [NASW website](#).

#### **BEING A SOCIAL WORKER MEANS...**

*You will never be bored. You will always be frustrated. You will always be surrounded by challenges. So much to do and so little time. You will carry immense responsibility and very little authority. You will step into people's lives. And you will make a difference. Some will bless you. Some will curse you. You will see people at their worst ~ and their best. You will never cease to be amazed at people's capacity for love, courage, and endurance. You will see life begin ~ and end. You will experience resounding triumphs and devastating failures. You will cry a lot. You will laugh a lot. You will know what it is to be human and to be humane. – Author Unknown {Borrowed from the Presbyterian Senior Living e-news}*

### **Scams**

\**Pig Butchering Scams*: [Malware Bytes is warning consumers](#) of a scam that involves “fattening up” potential scammees. The victims in ‘Pig Butchering’ schemes are referred to as pigs by the scammers, who ‘fatten up’ victims into believing they are in a romantic or close relationship gaining the trust of the scammees. The ‘butchering’ is when the scammees are ‘bled dry of their money’. The first contact may be a text or email that looks like it’s intended for someone else. The scammer counts on the recipient responding and when they do, the scammer tries to engage the person. Don’t respond. Delete the message.

\**Credential Stuffing*: [PetSmart is warning consumers](#) of a tactic called “Credential stuffing” which relies on the re-use of passwords. Do you use the same password for different sites? If one site is compromised, so is your password. It can be challenging to remember passwords but protect yourself by using different passwords for your sites. There are password managers that can help.

### **Ask Dr. Google\***

Or whatever Dr. Browser you use. Many of us head to Dr. Google when we are given a diagnosis. We can find information everywhere online but we need to ask: How accurate is it or how relevant is it for our specific condition? When you’re using online resources for medical information, ask these questions. Who is responsible for the content? (Government, professional association, medical source) Who reviews the information? (Is there a medical advisory board?) Are sources cited for statistical information? (What substantiates the site’s data?) How is the site supported? (Donations, public funds, advertisements) Is the information dated? (Health information becomes dated very quickly.) Do you have to register? (How is your information used?) Is the website trying to sell you something? Make sure to talk to your primary health care provider about what you’ve learned. They may tell you “Don’t confuse your Google search with my medical degree.”



### **Music & Memory\***

Does a certain song take you back to certain times or events? “Hold Me, Thrill Me, Kiss Me” by Mel Carter takes me right back to a very happy time every time I hear it. What’s your song? What memory does it evoke? [The Extraordinary World of Music and the Mind](#) covered by AARP in the December 2023 / January 2024 AARP Magazine talks about the music and memory connection. Concetta Tomaino, who founded the Institute for Music & Neurological Function at Beth Abraham Hospital in New York, explains how advanced brain scanning reveals that music gives us a “full brain workout”. The scan indicates active areas of the brain during cognitive tasks, including music. With music, Tomaino reports, a range of brain structures light up during the test. The brain stem, motor centers, language centers, auditory cortex, emotion centers, and visual systems all show activity. Music not only stimulates our memories, it can help us bond, help us relax, and stimulate our thinking with lyric analysis. Music can be used in mental health therapy, nursing homes, schools, rehab facilities, and in other settings. Put on your favorite song and stimulate your brain!

### **Saving Money, Spending Money**

We have seen prices go up and down a great deal. Going to the grocery store can give shoppers sticker shock although some costs have come down. The cost of eggs rose due to avian flu which hit the poultry industry. We can now get less expensive eggs. Gasoline prices change from hour to hour. (I’m not sure there is a reason for the constant fluctuations although the experts will give you an explanation.) However, there are [several apps for comparing gas prices](#) which can save you several cents on a gallon. Shop around. Compare prices. Digital and paper coupons offer some savings. Take advantage of rebates. It’s an expensive time that prompts us to be more conscientious with our purchases. NerdWallet gives us some [tips on saving money](#).

### **Reminder: Mobile Food Pantry in Ohio County**

The Ohio County Mobile Food Pantry will be at Wheeling Island Gaming on March 19 and May 23, 2024 from 11:00am – 12:30pm. There will be new traffic patterns. Go to the Mountaineer Food Bank website for other Mobile Food Pantry stops in WV. Find other food pantry locations at the Feeding America website. (Note: You can help with food insecurity by donating food or money to your local food pantries, soup kitchens, food outreach ministries, or Blessing Boxes.)

### **With Our Thanks**

Thank you to our Guest Editor Jeanette Wojcik for the March 8 issue.

### **What’s Going On?**

\*March is Social Work Month! Thank you to my colleagues!

\*March 19 is Election Day in Ohio. (WV is May 14)

\*May 7, 2024 – Senior Support Fair, Ohio Valley Mall, St Clairsville OH. Exhibitors will provide information on services and resources available to older adults and caregivers. This is one of the special events of the Belmont County Adult Services Coalition which has been held since 2000 (with a 2-year Covid hiatus). For information, contact Fair Chairperson Tate Blanchard at [tblanchard@theicgroup.com](mailto:tblanchard@theicgroup.com). Registration deadline is April 19.

### **Who’s Hiring?**

\*Family Service Upper Ohio Valley – meal delivery drivers and in-home care providers. Call 304 233-2350 x 105 for more information or to apply.

**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: 1<sup>st</sup> Thursday at 11am at Senior Services of Belmont County, 67650 Oakview Drive, St Clairsville OH [akoegler1995@gmail.com](mailto:akoegler1995@gmail.com)

Guernsey County: 3<sup>rd</sup> Wednesday at 3pm [Stacey.clark-frame@altercareonline.net](mailto:Stacey.clark-frame@altercareonline.net)

Jefferson County: 3<sup>rd</sup> Thursday at 3pm at Prime Time in Steubenville OH [starr.decariarx@gmail.com](mailto:starr.decariarx@gmail.com)

Harrison County: 4<sup>th</sup> Wednesday at 3pm at the Cadiz Senior Center, Cadiz OH

[tblanchard@theicgroup.com](mailto:tblanchard@theicgroup.com)

WEST VIRGINIA:

Brooke County: 2<sup>nd</sup> Monday at 2pm at the Brooke County Senior Center, Follansbee WV Chris Orris at [corris@valleyhospice.org](mailto:corris@valleyhospice.org)

Ohio County Adult Services Coalition: 3<sup>rd</sup> Tuesday at 1:00 at Vance Memorial Church, Wheeling WV, [tblanchard@theicgroup.com](mailto:tblanchard@theicgroup.com)

Marshall County Senior Coalition: 2<sup>nd</sup> Weds at 2:30pm at Marshall County Senior Center, Moundsville WV, [corris@valleyhospice.org](mailto:corris@valleyhospice.org)

**Health Care**

More than ever we need to be proactive with our health and be strong advocates for those for whom we provide care. We need to be prepared with questions for our primary care providers when medications, tests, or treatments are being recommended.

\*Why is a medication being prescribed? What is it for? What does it do? What are possible side effects? Is it contraindicated with other medications?

\*Why is that test needed? What can I expect with the procedure?

\*Why is that treatment needed? What do we hope to accomplish? What are possible side effects?

Ask questions. Request a second opinion. Be attentive to your health and wellness: have regular labs, screening tests, and vaccinations completed; visit with your primary health care provider as recommended; be attentive to self-care; and, pay attention to your body. Be well!

**Vaccinations, Boosters, Flu Shots**

- The CDC offers [information on vaccinations](#) which are appropriate to age and health conditions.
- Covid vaccinations, boosters, annual flu shots, RSV vaccinations, shingles vaccines, TDAP (tetanus) vaccinations, and others are available at most pharmacies.
- Vaccinations are covered by Medicare *for those with prescription coverage*.
- Check with your physician for any contraindications.

**Timely Resources for Readers****A Ask Dr. Google**

- You can check out [Google Health](#) for more refined health care information.
- [Writing Studio](#) offers information on the top search engines for health information.

**A Music and Memory**

- "[Why Music Causes Memories to Flood Back](#)" was published in the Washington Post.
- Music therapy can be used in [many therapeutic applications](#) including end-of-life care, substance abuse treatments, gait training in stroke and Parkinson's.



## Altenheim Retirement Community

Founded 1891

*Our cottages are situated adjacent to our Administrative Building 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 bath, 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 [gadakovic@gmail.com](mailto:gadakovic@gmail.com) or 304 281-8797

*Our first residence in 1891 to the upgrade in 1950 to our transition to a retirement community in 2008*



## 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 with 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](mailto: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.**

