



November 8, 2024

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

Happy Thanksgiving to our readers!

We'd like to take a moment to say Happy Thanksgiving! At this time of year which focuses on gratitude, we'd like to say thank you for your support. Altenheim Resource Services has been providing information to older adults, caregivers, and their advocates for almost 30 years and Altenheim Retirement Community has been part of the Wheeling community since 1891. Thank you for the trust you've placed in Resource Services and Altenheim Retirement Community over the years.

November Recognizes Family Caregivers

November has been designated as the time to recognize those who provide care to loved ones. In the US, [more than 53 million](#) family caregivers provide unpaid care. That's an [economic value](#) totaling more than \$470 billion. The late Former First Lady Rosalyn Carter once said, "There are only four kinds of people in this world – those who have been caregivers, those who are currently caregivers, those will be caregivers, and those who need caregivers." There are support groups for caregivers and there are services that can help in the home. Reach out and explore what is available to help.

National Home Care and Hospice Month

Another designation recognizes those who provide care in the home through home health or hospice. According to the [US Department of Health and Human Services](#), there are over 6,000 hospice agencies and over 11,000 home health agencies in the US who are certified to participate in the Medicare program. You can find [hospice care near you](#) at the Find and Compare Hospice Medicare website and you can find [home health near you](#) at the Find and Compare Home Health website at Medicare.gov.

National Diabetes Month

According to the [American Diabetes Association](#), over 38 million adults and children in the US have diabetes. 226,300 of those are in WV (15.9% of the population) and 1, 158,800 are in Ohio (12.6% of the population). [Diabetes Education and Support services](#) offer assistance in many areas across the country. One local program is at WVU / Wheeling Hospital and WVU / Reynolds (304 221-4524). The program has had recognition from the American Diabetes Association for 24 years & WVU/Wheeling Hospital classes are held at the Howard Long Wellness Center. Contact Jen Kutrovac at WVU/Wheeling Hospital at (304) 243-2904 for class enrollment information. Classes are led by Certified Diabetes Care & Education Specialists (CDCES). A doctor's referral is needed and the program is covered by most insurances, Medicare & Medicaid. Classes (with time choices) are part of the program and included with the program is one separate hour with Dietitian Jill Spangler & a 30 day free Wellness Center membership with doctor's exercise clearance. Reynolds at this time has only one-on-one individual appointments with the same dietitian who is also a CDCES & who can address any questions/problems. You can find your local diabetes support at the above link.

Attention Ohio Utility Consumers: Special Reconnect Order

[The Special Reconnect Order \(SRO\)](#) is available to customers of Ohio's investor-owned electric and natural gas utilities. The SRO allows customers to pay a maximum of \$175 to maintain or reconnect their utility service even if their balance exceeds that amount. Customers who owe more \$175 will need to make payment arrangements for the remaining past due balance. The SRO is available one-time per utility from October 14, 2024-April 18, 2025. Customers should call the utility company to utilize the



order. There are no income eligibility requirements to use the SRO. Beginning on November 1st, income-eligible consumers can apply for the [Winter Crisis Program](#) at CAC Belmont. The Winter Crisis Program provides financial aid once per heating season to households that have been disconnected or received a shut-off notice, have less than a 25% supply of bulk fuel, or need to establish new service or pay to transfer service.

Medicare Part D Changes

There are several changes coming to beneficiaries of Part D products. There will be a \$2000.00 cap on out-of-pocket prescription medications. The donut hole or coverage gap is going away. Medicare Advantage plans may change offering lower extra benefits. Make sure to read your Annual Notice of Coverage carefully. Benefits will be changing. You can read more at "[7 Medicare Changes You'll See in 2025](#)" from AARP. Talk to your [local SHIP Counselor](#). Do comparisons of plans on the [Medicare website](#).

Charitable Giving

Donations are the backbone of many non-profit agencies. There are often funding sources for programs but donor's contributions are critical to the operations of the agencies. Donations also help in times of crisis and natural disasters which we have seen with increasing frequency. As the holidays approach, requests for donations increase. Be cautious. Avoid getting scammed – [know the signs](#). Are you looking at tax credits? Check with your accountant. This month's Deeper Dive will take a look at charitable giving and what you should know. It will be emailed in mid-November!

The Holidays are Coming and So are the Scams

Fake Postage: The cost of postage has gone up several times in the past few years which makes us eager to 'get a deal' but often those deals are not deals at all. Scammers sell fake stamps on various platforms that include social media marketplaces and e-commerce sites via third party vendors. [Counterfeit stamps](#) are often sold in bulk quantities at an eye-catching discount. This tells you they are most likely fake. Go through authorized vendors when purchasing stamps.

Look-alike web sites: Scammers develop [web sites that look like the original](#) at first glance. But on closer inspection, the domain may be different or the "O" may be substituted with a "0" (zero) or there may be other subtle changes. Scammers want you to NOT pay attention and click on the link that is offering the "too-good-to-be-true" deal for the holidays. Don't click on that link! Go to the website address you know to be real. Chances are the fake website would take your order and your money but you would never see a product or a refund! In addition, they scammers would have your credit card information.

Fake booking sites: What better way to celebrate the holidays than to get away. It may be for a family gathering or it may be a special holiday get-away. Make sure that the booking agency is legitimate and not the creation of a scammer that will get your money and your information and you will get scammed. Use a trusted source or go directly to hotel / resort sites.

Help for Military Scam Targets

The US Department of Veterans Affairs has launched a new program to help protect veterans, service members, and their families from fraud and scams. VSAFE.gov offers resources on various scams perpetrated against military members. The call center at 833 388-7233 can take reports of scams and can reroute callers to places for assistance. [Source: AARP Bulletin, October 2024]



What's Going On?

***November 18: Master Gardener Series II with Patty Hickman on Holiday Plants**

11am – 12noon Family Service Upper Ohio Valley, 2200 Main Street, Wheeling RSVP and reserve your lunch at 304 233-2350 ext 105

***November 19: Fall Soups**

11am – 12noon Family Service Upper Ohio Valley / Ohio County Senior Center, 2200 Main Street, Wheeling. Cheryl Kaczor, WVU Extension Agent, will introduce us to comforting fall soups. Call 304 233-2350 ext 105 to reserve your spot and your lunch. Ask about transportation.

***November 19: Hospice Care and Palliative Care program**

11am – 12:30 pm Rolling Hills Rehabilitation & Care Center, 68222 Commercial Drive, Bridgeport RSVP by November 11 to Jennifer at 304 639-5160

New Contact Info for Faith in Action Caregivers Wheeling

The phone number has changed to 304 238-9124 and their new fax number is 304 905-8256. Faith in Action Caregivers provides assistance for older adults and those with disabilities in Ohio and Marshall Counties in WV, and Belmont County in Ohio. Services are provided through volunteer caregivers. More information can be found on their website www.faithinactionwheeling.org.

With Our Thanks

Thank you to our Guest Editor Jeanette Wojcik who writes the *Deeper Dive* newsletter.

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 sdunlevy@iccare.com

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

Vaccinations, Boosters, Flu Shots

Vaccinations are covered by Medicare for those who have prescription coverage.

- 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, and most vaccinations including the shingles vaccine are now covered by Medicare *for those with prescription coverage*. Check with your primary health care provider for any contraindications.



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 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 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.

