



November 14, 2022

### **Veterans Day 2022**

Observed on November 11, Veterans Day honors military veterans of the US Armed Forces. Do you want to honor a veteran? This [CNN report](#) offers some suggestions. Thank you to all of our Veterans who have served with honor to protect us and our democracy.

### **Veterans Discounts**

Many businesses offer [discounts or special offers all year](#) to veterans. Check and see what may be available in honor of your service. Discounts on tickets and events, retail, restaurants, and many other stores and services offer discounts to veterans. Big Lots, Boscov's, Yankee Candle, Dollar General, and many others have offers. Check to see what the terms

### **Beware of Veteran Scams**

Scams that target veterans and their families are out there! Beware of calls, emails, or texts from scammers posing as veteran benefits representatives. The [BBB Scam Alert](#) offers information on these scams and how to spot them.

### **Banks Never Ask That**

You get a text or email from what you think is your bank. It could be a fraud alert or it could be a request for information. Will your bank really ask you these questions via email or text? Probably not. Be informed about what you might expect and what to do if you are contacted. Check out the information from Wesbanco on [phishing scam red flags and tips on what to do](#).

### **Medicare Open Enrollment**

Open Enrollment runs through December 7 offering beneficiaries the opportunity to make changes with their Part D product and other Medicare coverage. [Explore your coverage options](#) on the Medicare Compare web site. Join us for an in-person educational program to learn more! (See following article.) In addition, your local [State Health Insurance Program](#) (SHIP) counselor can assist you with options. Review your Annual Notice of Coverage. Do you want to change plans? Have your health needs changed? Check out what is best for your needs!

### **Help with Medicare Costs**

There are four programs to help with out-of-pocket costs that Medicare doesn't cover. [Medicare Savings Programs](#) may pay the monthly Medicare premium and deductibles and co-insurances.

### **Medicare Educational Presentation**

We're resuming in-person community programs! A **FREE** educational program on the options available to Medicare beneficiaries during Open Enrollment will be presented by John Forsyth, Citywide Insurance. The program will be held at First Christian Church (downstairs in Fellowship Hall), 1343 National Road, Wheeling on Tuesday, November 15. The doors will open at 10:45am. The building is accessible. Come in the main entrance in the rear of the church to access the elevator. The doors on the driveway-side will also be open. Contact Ann at [akoegler1995@gmail.com](mailto:akoegler1995@gmail.com) with questions or to save your seat.



### **Stress & the Holidays**

The holidays are stressful when everything is going well. For caregivers, the holidays can be nerve-racking and traumatic. Thanksgiving is just around the corner and it's quickly followed by Christmas. There's not a lot of time to breathe. You may need to change your usual holiday agenda. Think about your holiday traditions. It may be time cut back and share the responsibilities. Simplify your holidays to tone down the stress. Johns Hopkins Medicine [offers some tips](#) for getting through the holidays.

### **Warwood Estates**

Many of you are familiar with the Home for Men but did you know that the facility is now called Warwood Estates? Established in 1929 by Wheeling financier John Brown, the home now welcomes men AND women. [Read more about the independent living facility](#) located on Warwood Avenue and how to apply.

### **Grief Support Groups**

\*Valley Hospice is offering Drop-In Grief Support Groups with no registration required.

2<sup>nd</sup> Monday of each month, 2pm – 3:30pm, First West Presbyterian Church, Steubenville OH

3<sup>rd</sup> Monday of each month, 2pm – 3:30pm, First Christian Church, 1343 National Road, Wheeling WV

\*Valley Hospice is also offering a Grief Support Group that runs for 6 weeks starting in November.

Registration is required for this group.

Every Wednesday for 6 weeks, 2pm – 3:30pm, First West Presbyterian Church, Steubenville OH

Every Thursday for 6 weeks, 2pm – 3:30pm, First Christian Church, 1343 National Road, Wheeling WV

For information or to register, contact Liz Ellsworth, Grief Services Coordinator, 740 859-5650.

### **Winter Heating Program for Ohio Residents**

Weather forecasts for this year are saying that we will have a cold, wet winter. If you need help, check into the Winter Crisis Program (WCP), also called Emergency HEAP (E-HEAP). This program helps income eligible Ohioans maintain utility services needed to stay safe and warm during the winter. Learn more about WCP and how to apply with OCC's [Home Energy Assistance Program \(HEAP\)](#) fact sheet.

### **UPCOMING EVENTS**

#### **Tuesday, November 15, 2022, 11am – 1pm \* Medicare Educational Program**

FREE educational program on the options available to Medicare beneficiaries during Open Enrollment

#### **Thursday, December 8, 2022, 11am – 1pm \* Wheeling Winter Job Fair**

Family Service-Upper Ohio Valley will host a Winter Job Fair at 2200 Main Street, Wheeling on Thursday, December 8 from 11am – 1pm. Dress for success and bring your resume!

### **November Observances**

**National Family Caregiver Month:** According to the [AARP Long Term Care in the US report](#), there were approximately 48 million unpaid caregivers in the US. Caregivers provide assistance and support to older family members as well as younger adults with physical and/or cognitive challenges.

**Alzheimer's Awareness Month:** read more about the observance at the Alzheimer's Foundation website.

**Happy Thanksgiving to everyone!** A day to give thanks for all we have and to enjoy the food and fellowship of the day!



**COVID Vaccinations, Boosters, Flu Shots**

Covid vaccinations and boosters are available at several pharmacies and local health departments. Annual flu shots are available at several pharmacies in the area. Check with your physician. We may be gearing up for an intense flu season and possibly upticks in Covid variants so be prepared and proactive with your health!

**Local Adult Service Coalitions**

Adult Service 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 [starr.decariarx@gmail.com](mailto:starr.decariarx@gmail.com)

Harrison County: 4<sup>th</sup> Wednesday at 3pm [tblanchard@iccare.com](mailto:tblanchard@iccare.com)

*WEST VIRGINIA*

Brooke / Hancock County: 2<sup>nd</sup> Monday at 2pm [tblanchard@iccare.com](mailto:tblanchard@iccare.com) *Change: Meetings will be held at the Brooke County Senior Center, 948 Main Street, Follansbee WV and the start time is 2pm. Next meeting: November 14, 2022*

Ohio / Marshall County: Tentatively 1<sup>st</sup> Monday at 11am at Family Service-UOV/Ohio County Senior Center, 2200 Main Street, Wheeling WV [pcalvert@fsuov.com](mailto:pcalvert@fsuov.com) *Change: The day and time will change starting in December 2022. Contact Paula Calvert to confirm the day and time.*

*Timely Resources for Readers*

**\*\*More special offers for veterans** can be found on this [Deal News site](#).

**\*\* Do you have old flags that need retired?** There is protocol for [respectfully disposing of worn-out flags](#). In addition, there are several flag boxes in the area that will collect and respectfully retire your old flag. There are boxes at Altmeyer Funeral Homes, CARE Funeral & Cremation Specialists, Ohio County Senior Center, the Wheeling City Building, your local VFW or American Legion. Many local businesses also have flag retirement boxes.

**\*\*The National Incident Management System of FEMA** has released their [Emergency Operations Center How-To Quick Reference Guide](#) focusing on emergency preparedness and emergency management.

**\*\*The Caregiver Action Network** offers assistance to caregivers including a [Caregiver Tool Box](#). Read more about [National Family Caregiver Month](#).

*Hiring*

**West Virginia's Choice** is hiring in all 55 counties. Ask about sign on bonuses and incentives. Contact Billie O'Connell at [boconnell@mulberrystreetmanagement.com](mailto:boconnell@mulberrystreetmanagement.com).

**Family Service-Upper Ohio Valley** - Contact Paula Calvert at [pcalvert@fsuov.com](mailto:pcalvert@fsuov.com) or call 304 233-2350.

**Good Shepherd Nursing Home** – Contact HR at 304 242-1093.

**Visiting Angels Upper Ohio Valley WV** – Contact 304 214-5550 or apply online at <https://www.visitingangels.com/upperohiovalley>.

**IC Care** - Contact Tate Blanchard at [tblanchard@iccare.com](mailto:tblanchard@iccare.com)



Altenheim Retirement Community

Altenheim Retirement Community  
130 years of housing for older adults  
1891-2021

**Over 130 years in Wheeling**

*Altenheim Retirement Community is located behind our Main House at 1387 National Road, Wheeling along Reymann Way and Anton Place. We are close to medical care, churches, shopping, restaurants, groceries, and other conveniences.*

Offering 8 independent cottages for women, men, and couples 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.

**We are accepting applications!**

Contact George A. Dakovic, Executive Director at [gam.dakovic@gmail.com](mailto:gam.dakovic@gmail.com).



Altenheim Resource Services

*Altenheim Resource Services, a division of Altenheim Retirement Community*

Empowering older adults and caregivers with information on aging, services and resources  
for over 25 years

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](mailto:Akoegler1995@gmail.com)

<https://www.altenheimcommunity.com>

Information on Altenheim, 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.**