



July 13, 2026

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

July Observances*

*July 4th – Independence Day – A day to celebrate America's 250th Birthday. Hope everyone had a safe celebration of our Nation and the Democracy we hold dear!

*This mid-summer month also celebrates National Grilling Month, National Hot Dog Month, National Ice Cream Month, and National Watermelon Month.

*We can't forget that Shark Week runs from July 26 through August 1, 2026 on Discovery Channel! Catch a showing of *Jaws*. It was released 50 years ago, and to date has earned roughly \$490 million according to [Box Office Mojo](#). (Can you hear the music?) Trivia question: What was the shark's name?

Hearing Loss

According to the National Institutes of Health, age is the strongest predictor of hearing loss with more than 50% of people 75 and older experiencing disabling hearing loss. The Hearing Loss Association of America reports over 50 million Americans (or 1 in 7) have hearing loss. Think about these facts about hearing loss and the impact on daily life:

- Hearing aid use can [slow cognitive decline](#) in those at risk for dementia
- [Diabetes](#) increases the risk of hearing loss
- Some prescription and over-the-counter [medications can cause damage](#)

Take care of your hearing health.

- Talk to your primary health care provider about your hearing. See an audiologist or hearing specialist for a comprehensive hearing screen.
- West Liberty University offers hearing services through their Speech-Language Pathology Clinic. Call 304 336-8199 for more information.
- Hearing aids are now [available over-the-counter](#) and there are [options for other assistive and adaptive devices](#).
- Don't delay getting your hearing checked!

Social Security Death Benefit

The [death benefit for Social Security](#) is \$255 (not \$25,000). The lump-sum death payment is a one-time payment to help cover costs when a spouse or parent dies. A spouse might get a one-time death benefit payment of \$255. If there's no spouse, some children may be eligible. A spouse who doesn't live in the same home may be eligible if they can get benefits based on the record of the person who died. You must apply for this payment within 2 years of the family member's death. For more information, contact Social Security at 800-772-1213.

More on Summer Health

This has already been a trying summer with weather. Excessive heat and humidity have made even a few minutes outside very uncomfortable. Some areas have received major rainfall amounts resulting in flooding while other areas have only received negligible amounts. Just a few reminders:

- Stay hydrated! Is water enough or do you need to [supplement water with electrolytes](#)?
- Be aware of children and pets in your car. Put something in the seat next to your child or your pet so you will have to get in that area to retrieve your purse, briefcase, or other necessary item and you will see your child or pet.



Timely Resources

- Do NOT leave a pet in the car even with the windows cracked. That doesn't provide enough cooling to keep them safe. Leave them home where it's cooler. Do NOT leave pets outside in the heat and make sure they have adequate fresh water and shade.
- Stay out of the mid-day sun. Wear a hat. Wear sunscreen when you are out.
- [Take steps to be prepared](#) for extreme heat.
- For those who live in flood-prone areas, [prepare for an emergency](#) or evacuation.

Parkinson's Disease and Hospitalization

Hospitalization is stressful no matter what the circumstances. For the patient with Parkinson's, there can be some different considerations. According to the [National Library of Medicine](#), those with Parkinson's are more prone to adverse experiences. The American Parkinson's Foundation article [How People with Parkinson's Disease Can Minimize Risks During Hospitalization](#) reports that one of the most crucial considerations is the timely administration of medications for optimum symptom control while the patient is hospitalized. The article goes on to emphasize patient safety due to increased fall risk and awareness of swallowing problems. Other challenges can include delirium (altered mental awareness) and constipation. Read the article for more information on challenges presented during an in-patient stay and tips on discharge planning.

Semiquincentennial Facts

- The United States reached a record highest population in 2025: 341.8 million people, 4.5 times more than in 1900.
- The country's largest age group is people who are 65 years and older. (18.9% of the population)
- The second largest age group is the people 25 – 34 years. (13.6%)
- More Americans live alone. (29.5% of Americans)
- Married couples without children under 18 in the home were the 2nd largest group. (29.3%)
- Nearly half of adults age 25 and older held an associate's degree or higher.
- As of May 2026, nearly 27.9 million people worked in private education and health services.
- The unemployment rate was 4.3% in May 2026.
- The states with the lowest household incomes were: Mississippi, West Virginia, Louisiana, Arkansas, and Kentucky.

For more Semiquincentennial Facts, go to [USA Facts](#) or [Our Shared Future: 250 Smithsonian](#).

Accessibility Stroll

The Wheeling Accessibility Stroll will be held on July 17th at 4:00pm. Participants are asked to meet at Center Market. Who benefits? Those using wheelchairs, crutches, or walkers. People with gait issues. Those with vision problems. Seniors. Caregivers. Issues to note: wheelchair ramps, curb cuts, sidewalk width, weeds and obstacles on sidewalks, storm drain problems, and more. What problems do you see? Come to the Accessibility Stroll on July 17th!

Support Groups

Myasthenia Gravis Support Group

The Support Group will meet on July 18th. 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 meets on the 4th Friday of the month at 10:30 am at Family Service Upper Ohio Valley (Ohio County Senior Center), 2200 Main Street, Wheeling WV. The next regularly scheduled meeting will be on July 24th. For more information, call 304 233-2350.



Alzheimer's / Dementia Caregiver Support Groups

*Harvest Baptist Church, 1207 Covert Street, Moundsville WV, Alzheimer's Caregiver Support Group, The group meets the 4th Thursday at 5:30pm at the church. For more information, contact Karen at 304 845-0671.

*Opportunities to Shine, First Christian Church (Disciples of Christ), 1343 National Road, Wheeling, 4th Wednesday at 4pm. Contact Sara Alig at sara.alig@westliberty.edu for more information.

Looking for a Job?

*Home-delivered meals driver needed – Contact Family Service Upper Ohio Valley (Ohio County Senior Center) at 304 233-2350.

*In-home service caregivers needed - Contact Family Service Upper Ohio Valley (Ohio County Senior Center) at 304 233-2350.

*Transportation driver needed – Contact Family Service Upper Ohio Valley (Ohio County Senior Center) at 304 233-2350.

*Caregivers needed. Call Visiting Angels, Wheeling at 304 214-5550

Location Change! The Upper Ohio Valley Walk to End Alzheimer's will take place at Wheeling University 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 Samantha Walters at Samantha.Walters@chs-corp.com

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



Altenheim Resource Services



Timely Resources

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

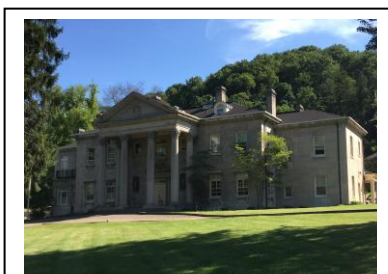
Lawn care, snow removal, general maintenance, general repairs included in monthly rent

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 with questions about resources and issues concerning older adults and caregiving.

