



March 17, 2023

March is National Social Work Month

The theme for 2023 is [Social Work Breaks Barriers](#). The theme emphasizes the ways in which social workers have empowered people to overcome challenges. Thank you to all of our social workers who advocate, educate, and support those we serve.

Happy St. Patrick's Day

St. Patrick's Day is celebrated on March 17 which is believed to be the date of his death. St. Patrick is the patron saint of Ireland and is credited with bringing Christianity to Ireland. St. Patrick's Day is observed as a day of celebration and a day that everybody is Irish! [Read more](#) about St. Patrick and other things associated with the celebration.

Spring!!

The first day of spring is March 20! It's time to start thinking about gardens. Get your [2023 planting guide](#). Enter your zip code for the planting guide for your area.

Do You Know the Myths Surrounding Alzheimer's?*

In the early 1900s, Alois Alzheimer diagnosed a woman with 'presenile dementia' which was later named Alzheimer's disease. Today's Caregiver has an article on the "[11 Myths About Alzheimer's Disease](#)" which can help consumers find accurate information.

Alzheimer's Drug Development

Eli Lilly announced that solanezumab a [recent drug in development](#) for Alzheimer's did not slow cognitive decline in preclinical Alzheimer's disease. This was also known as the A4 Study.

Not All Cognitive Impairment is Alzheimer's*

We now know that "dementia" is the umbrella term for the collection of symptoms that cause cognitive impairment, and further, we know that there are several causes of dementia. Not all people who have dementia have Alzheimer's disease. Some have Lewy Body Disease, vascular dementia, Parkinson's disease, and frontotemporal dementia – to name but a few causes. A diagnosis can [help determine the cause](#) and the course of treatment.

Frontotemporal Dementia*

At first, we heard that Bruce Willis was giving up acting due to a diagnosis of aphasia. The family has now announced that the diagnosis is frontotemporal dementia. The initial symptoms are primarily seen in behavior and personality. There are several other symptoms of this disease that usually affects people after age 40 but before age 65. Read more about FTD in this Next Avenue article "[What is Frontotemporal Dementia?](#)".

There Are Other Causes of Memory Loss That Can Be Treated

There are many things that can cause [symptoms similar to dementia](#). Medication issues, dehydration, urinary tract infections, other infections, pain, and many other conditions can create symptoms of confusion, memory loss, and inappropriate behaviors but they can be treated. You can see sudden changes in loved ones who do not have cognitive issues and you can also note sudden changes with your care receivers who have dementia. You know what's "normal" for your care receiver. When you see a sudden change, call the doctor.



Co-Morbidities & Your Health: On-Going Concerns*

As if a primary health problem isn't enough of a worry, we need to be aware of our [co-existing diseases or health concerns](#). Someone with diabetes may develop a dementing illness AND hypertension. Someone with heart disease may also have severe arthritis. We can be dealing with several health issues at once. For caregivers, the burden is increased if the care receiver has dementia. Keeping medical records and notes may help you manage your health concerns or those of your care receiver. Be attentive to your care receiver's self-care. They may not be able to accurately determine medication dosages – pills, eye drops, injectable medications – and there may be issues if medical equipment such as insulin pumps or monitors, C-pap equipment, oxygen equipment, etc. is in use.

Scams*

- A Have you heard of the [Frankenstein Fraud](#) scam? Synthetic Identity Fraud, otherwise known as Frankenstein Fraud, is when scammers take pieces of personal information from various sources and create a new identity. The scammer gets a Social Security number – often an infant's, a deceased person's name, and the address of someone in a care facility. They create a fake identity and use that to establish credit and make purchases, create legal documents, sell Social Security numbers and more.
- A The [check-washing scam](#) is one we're reading about. The scammer steals checks from home mailboxes or from USPS drop boxes (using stolen keys or sticky substances to 'grab' the mail from the box) and washes off the print using bleach, acetone, or nail polish remover leaving only the signature. They fill in the now "blank" check with payees and amounts.

Where Do I Find Help?*

Caregivers often know they need help but they don't know what can help them or what is available. Think about these things: ***In what areas do you need help? (Companion services, food, respite, housekeeping.) Do your homework when you're looking for assistance. Find out what agencies are in your area and what services they provide. Compare costs. ***Know what the income and assets are. ***Is your care receiver in a designated category (for example, are they a veteran or a widow of a veteran? Are they UMWA beneficiaries?) ***Are there state programs that may be helpful? ***Is the care receiver a Medicaid beneficiary? Feel free to contact Altenheim Resource Services for information on services.

Medicaid Unwinding*

When Covid began, the federal government declared a public health emergency. With this came the provision to allow flexibilities to help relieve Americans of unfavorable consequences and one such provision helped ensure Medicaid recipients maintain continuous benefits. The end of Medicaid continuous enrollment is set for April 1, 2023. The [federal Medicaid website](#) has more information on the Medicaid Unwinding and also has a link to state-specific information.

Bob Hicks Memorial Scholarship

The Bob Hicks Memorial Scholarship was established to honor Bob Hicks who many of us remember from his years of service with The Seeing Hand Association. Applications for the scholarship are open from January to March and the deadline to apply is March 31. The scholarship is open to any visually impaired or blind person ages 17-23 that reside in the Counties served by The Seeing Hand: Ohio, Marshall, Brooke, Hancock, Wetzell and Hampshire in WV, and Belmont, Jefferson, Monroe and Guernsey in Ohio. Check the website for additional [application requirements](#).



Vaccinations, Boosters, Flu Shots

- The CDC offers [information on vaccinations](#) which are appropriate to age and health conditions.
- Covid vaccinations and boosters are available at most pharmacies. Home tests can be ordered [here](#) or [here](#). They can also be obtained at most pharmacies.
- Annual flu shots are available at several pharmacies in the area.
- Vaccinations including the shingles vaccine are now covered by Medicare.
- Check with your physician for any contraindications.
- Be proactive with your health!
 - Be prepared when you see your health care provider. Make a list of questions. The National Institute on Aging offers [suggestions](#) to help you make the most of your visit.
- Keep a log of visits, treatments, and vaccinations you've received that includes the date and where the service was administered. The Senior Medicare Patrol and local SHIP counselors offer this [booklet](#) to help.

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, 67650 Oakview Drive, St Clairsville OH akoegler1995@gmail.com

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

Jefferson County: 3rd Thursday at 3pm starr.decariarx@gmail.com

Harrison County: 4th Wednesday at 3pm tblanchard@iccare.com

WEST VIRGINIA

Brooke / Hancock County: 2nd Monday at 2pm at the Brooke County Senior Center, 948 Main Street, Follansbee WV tblanchard@iccare.com

Ohio / Marshall County: 1st Monday at 11am at Family Service-UOV/Ohio County Senior Center, 2200 Main Street, Wheeling WV pcalvert@fsuov.com

Timely Resources for Readers

More info for Readers

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

***Do You Know the Myths Surrounding Alzheimer's?**

- A The Centers for Disease Control gives information [About Dementia](#) for consumers.
- A The [World Health Organization](#) discusses the rate of dementia worldwide as well offering information on the impact of the disease.
- A When talking to families about the care receiver's dementia, they often note the '[stage](#)' of the disease. It is important to note that co-existing conditions impact disease progression. Diabetes, heart disease, COPD, and other co-morbidities need to be considered.

***Not All Cognitive Impairment is Alzheimer's**

- A Dementia.org offers information on [various causes of dementia](#).

***Frontotemporal Dementia**

- A The [Association for Frontotemporal Degeneration](#) offers information on FTD, tips, a helpline, information on the upcoming conference in St. Louis, and webinars.



***Scams**

- A CNBC, Criminals Using Frankenstein Fraud, Kate Rooney, January 16, 2020, <https://www.cnbc.com/2020/01/16/criminals-using-frankenstein-identities-to-steal-from-banks.html>
- A Federal Trade Commission, What to know about credit card freezes and fraud alerts, May, 2021, <https://consumer.ftc.gov/articles/what-know-about-credit-freezes-fraud-alerts>

Where Do I Find Help?

- A Check out the document [Planning for Long Term Care](#) on the Altenheim Community's web page. This document provides information on some of the services that may help you or your care receiver. Keep the "4 As" of service in mind: Affordability, Accessibility, Availability, Appropriateness.
- A Contact [Altenheim Resource Services](#), your state agency on aging, or your local senior center for more information on what's available.

***Medicaid Unwinding**

- A Read more about West Virginia's Medicaid Unwinding at the [WV DHHR webpage](#). There is also a [FAQ sheet](#).

***Comorbidities & Your Health: On-Going Concerns**

There are tools to help individuals track appointments and procedures as well as tools for caregivers.

- A A tool such as [My Health Care Tracker](#) from Medicare can help you with appointments, procedures, time spent, and other medical visit information.
- A AARP offers [Five Apps to Help Caregivers Get Organized, Get Help](#)
- A Senior Safety Site offers [additional apps](#).

Thank You

On behalf of our Community Education Workshop Committee – thank you to Gene Fahey and Katie Border, our presenters for the End of Life Ethics workshop held on March 9.

All information presented is for educational purposes only.



Happy Social Work Month 2023



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

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

<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.

