



Resourceful Thinking

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STAYING HOME? STAY FIT! CE WORKSHOP INFORMATION REQUESTED

NUTRITION and ACTIVITY

I have really tried not to over-indulge as I work from home but it's so easy to just grab a bag of chips and munch away. Pretty soon, I'm reaching for another chip and the bag is empty. It seems that I am not the only one!

We're now hearing phrases like "Quarantine 15" or "gaining the COVID 19" indicating the weight we've gained during the pandemic. Doctors now fear that the rate of obesity and the associated health conditions such as high blood pressure and diabetes will continue to rise due to our pandemic lifestyles.

A published study showed increased purchases of processed shelf-stable foods, calorie-dense comfort foods, alcohol and takeout orders. On-line searches for restaurants far outnumber searches for healthy diets!

Brigid Titgemeier, a functional medicine dietician warns that our dietary choices can ultimately negatively impact our immune systems. She goes on to say that "paired with sedentary lifestyles, stress and anxiety, it really creates the perfect storm to increased rates of obesity and cardiometabolic diseases, which have been linked to higher rates of death from COVID-19."

We also need to take our activity into consideration.

The World Health Organization recommends 150 minutes of moderate-intensity or 75 minutes of vigorous – intensity physical activity per week, or a combination which WHO says we can still achieve at home or while maintaining distancing. Always check with your health care professional to check for any limits on your activity!

Here are some activity and health tips from WHO:

- Take short active breaks during the day. Dance. Extend movements with everyday chores.
- Follow an online exercise class. See what is available on YouTube.
- Is there a group on social media that will help reinforce your efforts?
- Walk. March in place. Walk around your house several times. Go to the park where you can stay away from people.
- Do chair exercises. California Mobility has a visual guide that you can check out with several examples of chair exercises. Note: consult your physician for what is safe for YOU.
- Stand up. Sit down. Stand up. Sit down. Repeat several times.
- Do knee bends at the sink as you wash dishes.
- Check out the website. There are several examples for you.
- Stay hydrated! Drink water.
- Eat fruits and veggies, and limit salt and sugars. ("Food and nutrition tips during self-

quarantine” can be found at euro.who.int)

- Relax: try meditation and deep breaths to help you remain calm.

You have to be extra-vigilant in taking care of yourself during the pandemic. Watch what you eat and drink. Be conscientious about activity. Be vigilant about your mental and emotional health. You’ve heard me say many times that you need to be your own best health care advocate. This has never been more true!

Take care of yourself!

Disclaimer: Consult your physician and get approval before undertaking an exercise regime. Be aware of your physical limitations. Use common sense!

[Sources: “Battling the ‘Quarantine 15’: Experts fear COVID-19 weight gain could lead to health complications, weak immune systems”, Dr. L. Nedda Dastmalchi, August 25, 2020, abcnews.go.com; “Stay physically active during self-quarantine”, World Health Organization, euro.who.int; “21 Chair Exercises for Seniors: A Comprehensive Visual Guide”, www.californiamobility.com]

LOOKING FOR WORKSHOPS OFFERING CONTINUING ED CREDIT

Another aspect of our adjustment to social distancing and isolation is completing the required hours for our licenses. Most of us are accustomed to going to various workshops and/or conferences to earn the Continuing Education credit we need. Since COVID, we aren’t doing in-person workshops and although many conferences are being held virtually, many have been cancelled.

I will add information to the calendar on our website if you will share information on availability of workshops.

If you know of a virtual workshop or conference with Continuing Education credit for social workers and/or nurses, please send me the information. I will add the events to our website calendar and will also send information to our colleagues.

WV BOARD OF SOCIAL WORK & CONTINUING EDUCATION

The WV Board of Social Work lists resources for Veterans’ CE credit as well as Ethics credit.

WV social workers can find Veterans courses at the following:

Train Learning Network

www.train.org

Home Based Veteran & Family Care

www.homebasetraining.org

National Center for PTSD

www.ptsd.va.gov

For more information for CE requirements for WV, go to the WV Board of Social Work’s website

www.wvsocialworkboard.org

AARP COMMUNITY CONNECTIONS

AARP offers a service for those who are alone, helping them connect with people in and around the community. One of the services of [AARP’s Community Connections](http://www.aarp.org/communityconnections) is a telephone call to help combat isolation. A trained AARP Friendly Voice volunteer will call to say hello. For more information on the program, go to AARPcommunityconnections.org. The web site tells about this and other Community Connections programs.

SCAM ALERT

We continue to see scams aimed at getting money and our personal information. Recent reports include the Key2Benefits card from Key Bank which is used for unemployment and other related benefits but people who haven’t applied for benefits are receiving these cards. If you haven’t applied for benefits and receive a Key2Benefits card, contact Workforce WV or the Attorney General’s office.

OPEN ENROLLMENT COMING IN OCTOBER!

Medicare’s Open Enrollment will begin on October 15 and end on December 7. During this time, you can change your

2020 Part D product. Go to the medicare.gov website and look for the Part D Compare link. This feature allows you to add location information, your prescriptions, dosage, etc. The tool will show you the products that offer the best coverage based on the information you provided

Do not assume that your 2020 product will offer the same coverage for 2021. Make sure that your medications are covered, which pharmacies you can use, and what upper tier costs are involved.

Information will be available on the Medicare website in October for 2021 drug plans.

We'll have more information on Medicare basics in the October newsletter.

BRIEF NOTES:

CAREGIVER SUPPORT VIA ZOOM: Lori McGlumphy, facilitator of the Alzheimer's and Related Disorders Support Group is hosting the support group meetings via Zoom. Contact Lori at 304 281-5778 for information.

SCAM NEWS: For information on scams (what's trending, where, prevalence), go to the Federal Trade Commission's web page at www.ftc.gov.

PODCASTS: Have you discovered podcasts during your time at home / away from people? There are podcasts for everyone! "Science Rules" with Bill Nye & Cory S. Powell, "-ologies" with Alie Ward, "Legends of the Old West" and so much more! There's something for everyone! Check out what's available!

BELMONT COUNTY ADULT SERVICES COALITION: We continue to meet via Zoom on the 1st Thursday of the month at 2pm. I hope to see you at the next meeting. We will have a speaker who will talk about the Census. Contact me at akoegler1995@gmail.com to be included in the invitation emailing.

COMBINED COALITIONS: The Ohio County Adult Services Coalition and the Marshall County Adult Services Coalition have merged. Meetings will be held via Zoom. For information, contact Paula Calvert, Family Service-UOV at 304 233-2350 or pcalvert@fsuov.com.

ALTENHEIM RETIREMENT COMMUNITY: Applications continue to be accepted for the Retirement Community. There is a waiting list. Contact George Dakovic at 304 242-3340 or gam.dakovic@gmail.com for more information or to apply.

GRIEF SUPPORT GROUPS: Sarah Barickman is updating the Grief Support Group list. If you know of any groups, please email contact info to me at akoegler1995@gmail.com.

WE'RE HERE FOR YOU!

Ann continues to work from home but Resource Services is available for those who need information or resources.

Get in touch with us!
304 280-8701 Please leave a message.
Akoegler1995@gmail.com
www.altenheimcommunity.com

RESOURCEFUL THINKING

Our newsletter is available through email or on our website (www.altenheimcommunity.com). If you would like to receive an emailed copy or would like removed from the email list, please contact me at akoegler1995@gmail.com.

Let us be
Your Gateway to Care for Older Adults!
Altenheim Resource & Referral Services
Office closed at this time – please contact us at:
[304 280-8701](tel:3042808701) Please leave a message! or
Akoegler1995@gmail.com or
www.altenheimcommunity.com

Monday – Friday
8am – 4pm
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