



August 5, 2025

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

FREE PROGRAM ON PARKINSON'S DISEASE!!

Altenheim Resource Services and Family Service Upper Ohio Valley (Ohio County Senior Center) will be cohosting a *FREE program on Parkinson's Disease on Friday, August 8 at 10:30am*. The program will be held at the Ohio County Senior Center, 2200 Main Street, Wheeling WV. Our guest speaker will be Casey Peluso with the Western Pennsylvania Parkinson Foundation. Please call the Senior Center to reserve your seat at 304 233-2350 ext 106. Casey will present "Parkinson's Disease: Overview, Programs, and Resources". All are welcome.

H.R. 1 Budget Reconciliation Bill*

There will be many changes to programs due to the passage of H.R. 1 – the Budget Reconciliation Bill. Food programs, energy programs, housing programs, Medicaid programs, and others will be impacted by the changes that H.R. 1 will impose. The Commonwealth's article "[What Does the 2025 Reconciliation Law \(H.R. 1\) Mean for Older Adults and People with Disabilities on Medicare?](#)" (1) talks about some of the changes. The National Council of Non-Profits offers a FAQ page of [how executive orders may impact non-profits](#). (2) Research the changes and how they may affect your consumers and your families.

- (1) or go to: <https://www.commonwealthfund.org/blog/2025/what-does-2025-reconciliation-law-hr-1-mean-older-adults-and-people-disabilities-medicare>
- (2) or go to: <https://www.councilofnonprofits.org/general-faqs-executive-actions-impacting-nonprofits>

Aging in Place*

Most of us hope to age in place – staying in our homes and maintaining our independence for as long as possible. We probably didn't give "aging" a thought when we bought our homes. We didn't think about the steps to the basement laundry or the yard that now looks like El Capitan. We didn't consider the challenges of a more traditional bathroom. What we do need to consider is making our homes more accessible and accommodating. Home modifications can make a difference and prices vary based on what we need to do. The [AARP HomeFit Guide](#) (1) offers a check list and suggestions for home accessibility.

Or go to: <https://www.aarp.org/livable-communities/housing/info-2020/homefit-guide/>

Other Considerations for Aging in Place

Aging in place involves more than adding safety equipment to your home or updating lighting and improving accessibility. It also means knowing who to call when you need assistance. There are support services that can provide in-home (non-medical) assistance, home-delivered meals, and transportation. Libraries often offer an outreach program for those who can't get to the library. Webinars can help stimulate your brain. For those who can get out, senior centers offer congregate meal sites and activities. Libraries offer lunch and learn programs. Staying active (mentally and physically), staying engaged, admitting to needing help and accepting it are all keys to healthy and successful aging and keys to staying in your home as long as possible. Do you need information on services that can help you age in place? Get in touch with us!



Timely Resources

Oh, Is it Hot Outside!

This summer has been really toasty. Temperatures have been high as has the humidity making it very uncomfortable outside. There are some things you can do to keep it a little more comfortable, according to [Ready.gov](https://www.ready.gov). *Keep drapes and doors closed. *Stay hydrated. *If you don't have air conditioning, know where you can find a cooling station. Fans may not be sufficient with the level of heat we've had. *Take cool showers or baths. *Use your stove less. Cook on the grill. Eat cool foods like salads and sandwiches. Eat out! *If you're outside, find shade. Wear a wide hat. *Do not leave people or pets in the car!!! *If pets are outside, make sure they have plenty of water and a place to cool off. Preferably, take them in to the air conditioning. Asphalt and cement can be hot enough to burn and blister your pet's paws. *Older people sense heat differently. Check on older friends and relatives. Make sure they are staying cool.

Or go to: <https://www.ready.gov/heat>

Alzheimer's and Agitation

Memory loss is one of the first signs of dementia and is often the reason for seeing the health care provider but memory loss is just one of the symptoms of dementia. Today's Geriatric Medicine (Winter 2025, Vol 18 No 1) offers [information on agitation](https://www.todaysgeriatricmedicine.com/archive/Winter25p10.shtml#:~:text=Winter%202025%20Issue,far%20from%20the%20only%20symptom) stating that up to 80% of those with Alzheimer's exhibit agitation. Physical discomfort (too hot, too cold, need to go to the bathroom, hunger, pain, over-stimulated), brain changes, medication, and/or infections such as UTIs can contribute to agitation. The author suggests using a DICE approach to help in determining the cause which can lead to more effective treatment. D = describe the behavior; I = investigate possible causes; C = create an action plan or an intervention to modify possible contributing causes; and, E=evaluate (did it help? Did it make a difference?) Keep a log.

Or go to

<https://www.todaysgeriatricmedicine.com/archive/Winter25p10.shtml#:~:text=Winter%202025%20Issue,far%20from%20the%20only%20symptom>.

Sandwich Caregiving

Sandwich caregivers are those caregivers who are caring for a parent or grandparent and at the same time caring for a child, grandchild, or other young care receiver. Caring for two generations can be overwhelming. Financial considerations, time considerations, energy considerations, and emotional and physical strains are all issues faced by sandwich caregivers. The needs of the older adult are not the same as a young person's needs. The social and cultural context of youth is very different than of an older adult. Join Jeanette for a more involved look at Sandwich Caregiving in this month's Deeper Dive.

Medication Management*

Medications are a part of our daily lives. Whether we are using prescription medications, over-the-counter preparations, herbal supplements, or essential oils, all have properties that affect our bodies. Some preparations are contraindicated for certain conditions, and we have to be cautious about mixing preparations. The BEERS Assessment can help. American Geriatrics Society 2023 updated "[AGS Beers Criteria® for potentially inappropriate medication use in older adults](https://sbgg.org.br/wp-content/uploads/2023/05/1-American-Geriatrics-Society-2023.pdf)" offers information on medications that should be avoided or evaluated. The Beers Criteria is updated every 3 years. Talk to your health care provider about your medications. Make sure they have a list of ALL current preparations. Ask questions. Should drugs be mixed? When should they be taken? Should they be taken with food? Check out the Medication Concerns care guide on our website!

Or go to

<https://sbgg.org.br/wp-content/uploads/2023/05/1-American-Geriatrics-Society-2023.pdf>



Save the Date!

Altenheim Resource Services and Family Service Upper Ohio Valley (Ohio County Senior Center) will cohost a FALL WREATH MAKING CLASS on Friday, October 2 at 12noon. Our class instructor will be Barbara Cole. Class size is limited to 10 and the cost is \$10.00. Call and register at 304 233-2350 ext 106. Join us to make a decoration for your door!

Our Sympathy

Our deepest sympathy on the death of Lou Vincent who died on July 11. Lou and his wife Rita Rizzo were frequent presenters for us at Altenheim Resource Services as well as for the Area Agency on Aging Region 9. Lou and Rita taught on many topics including diversity, team building, and organizational leadership. Lou was smart, funny, and insightful. His talent carried over to music with his band Silky and the DGB. Lou was a true force and he will be deeply missed. Our thoughts go out to Rita and family.

Care Guides on our Website

Our Altenheim website has several Care Guides in the Helpful Information section. Some of the topics include Medication Concerns, The Caregiver Get-Away Book, Planning for Long Term Care, and there are others to help caregivers and older adults. There are also information sheets such as the Daily Task Appraisal and Getting to Know You. Go to our website at www.altenheimcommunity.com and click on the Senior / Caregiver Resources and Referrals tab on the upper left. Then, click on Helpful Information on the left. You will see the Care Guides listed.

Vaccinations

- The CDC offers [information on vaccination schedules](#) which are appropriate to age and health conditions.
- What ARE those diseases? What are symptoms? What are consequences of the disease? Is it contagious? Can it be prevented? ? What about vaccinations? What does the vaccination involve? Are there side-effects? Who should consider the vaccination? Read on!
 - **COVID:** [COVID](#) and [Information on vaccinations](#)
Or go to:
<https://www.who.int/news-room/questions-and-answers/item/coronavirus-disease-covid-19>
<https://www.cdc.gov/covid/vaccines/stay-up-to-date.html>
 - **ANNUAL FLU SEASON:** [Annual flu season](#) and [Information on vaccinations](#)
Or go to:
<https://www.mayoclinic.org/diseases-conditions/flu/symptoms-causes/syc-20351719>
<https://www.cdc.gov/vaccines/hcp/current-vis/downloads/flu.pdf>
 - **RSV:** [RSV](#) or Respiratory Syncytial Virus and [Information on vaccinations](#)
Or go to:
<https://www.mayoclinic.org/diseases-conditions/respiratory-syncytial-virus/symptoms-causes/syc-20353098>
<https://www.mayoclinichealthsystem.org/hometown-health/featured-topic/what-parents-should-know-about-rsv>
 - **SHINGLES:** [Shingles](#) and [Information on vaccinations](#)
Or go to:
<https://www.mayoclinic.org/diseases-conditions/shingles/symptoms-causes/syc-20353054>
<https://my.clevelandclinic.org/health/treatments/22996-shingles-vaccine>



Timely Resources

- **TDAP:** [TDAP \(tetanus\)](#), [Diphtheria](#), Pertussis or Whooping Cough and [Information on vaccinations](#)

Or go to:

<https://www.nfid.org/infectious-disease/tetanus/>

<https://www.mayoclinic.org/diseases-conditions/diphtheria/symptoms-causes/syc-20351897>

<https://www.cdc.gov/vaccines/hcp/current-vis/downloads/tdap.pdf>

- **MEASLES:** [Measles](#) and [Information on measles vaccinations](#)

Or go to:

<https://www.cdc.gov/measles/about/>

<https://www.cdc.gov/measles/about/questions.html>

Other considerations:

- Check with your primary health care provider for information on vaccinations. Your medical record may have information on when a vaccination is due. Ask about any contraindications.
 - Most vaccinations are available at pharmacies. Consult your pharmacist about availability.
 - Most vaccinations are covered by Medicare *for those with prescription coverage*.
 - There may be changes in insurance coverage for vaccinations including the COVID vaccination depending on age, health, and insurance carrier.
- You can get information on [immunization resources](#) or go to <https://www.immunize.org/>. Click on "Vaccines and VIS".

Support Group Information

There are support groups that cover many areas of need that include in-person and virtual options.

Here are just a few that are available. Contact us if we can help you locate a group.

***Myasthenia Gravis Support Group** will meet August 9th at 1pm. For meeting information, contact Jay Adams at 304 780-9274.

***Dementia Caregiver Support Group** meets virtually the second Wednesday from 6-7 pm via Zoom. Contact Lori McGlumphy at mcglumphyl4@comcast.net for the Zoom link.

***Opportunities to Shine for Individuals living with brain change**, their families, and professionals meets on the 4th Wednesday at 4pm at First Christian Church (Disciples of Christ), 1343 National Road, Wheeling. For meeting information, contact Sara Alig at 304 336-8199. Ask about a Zoom option if you can't attend in person.

***Caregiver Support for those caring for a loved one with Alzheimer's / Dementia**: Berkeley Senior Services, 11:30 a.m. on the 2nd Friday of each month, 217 North High Street, Martinsburg, WV 25404. For more information, contact Katherine Donovan at 304-263-8873 Ext. 4114 or by email at katherine@berkeleyseniorservices.org. The Virtual Dementia Tour is also available.

***Grief Support Group** meets the 4th Monday of the month from 2pm – 3pm at First Christian Church, 1343 National Road, Wheeling WV. For information, contact Dannette Harris at 304 290-7050.

***Parkinson's Disease Support Group** meets the 3rd Wednesday at 11:30am at the Wilfred R. Cameron Wellness Center, 240 Wellness Way, Washington PA 15301. For more information, contact Casey Peluso at cpeluso@pfpwa.org or 412 837-1357.

***Parkinson's Disease Support Group** meets the 2nd Tuesday, 10:00 am Our Place/First Westminster Presbyterian Church 235 N 4th Street Steubenville, OH 43952 Judy Owings: 740-520-0120

[Don't forget our FREE program on Parkinson's with Casey Peluso scheduled for August 8 at 10:30am!]



Timely Resources

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, akoegler1995@gmail.com

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

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

Harrison County: 4th Wednesday at 3pm, allisonheavilin@yahoo.com

WEST VIRGINIA:

Brooke County: 2nd Monday at 2pm, corris@valleyhospice.org

Ohio County Adult Services Coalition: 3rd Tuesday at 2:00pm, tblanchard@theicgroup.com

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

Timely Resources for Readers

HR 1 Budget Reconciliation Bill*

Information on "[H.R. 1 Strips Vital Health, Nutrition and Economic Resources from Poorest, Most Vulnerable Americans](#)"

Or go to <https://publichealth.gwu.edu/hr-1-strips-vital-health-nutrition-and-economic-resources-poorest-most-vulnerable-americans>

Aging in Place*

"[The DoAble, Renewable Home](#)" is an older publication but it has a lot of helpful hints.

Or go to: https://www.etikk.hu/wp-content/uploads/2013/05/Do-Able_Renewable.pdf

Here is another [home safety assessment](#) from the American Occupational Therapy Association.

Or go to: <https://www.aota.org/~media/Corporate/Files/Practice/Aging/rebuilding-together/RT-Aging-in-Place-Safe-at-Home-Checklist.pdf>

Medication Management*

Johns Hopkins offers information on [Medication Management and Safety Tips](#).

Or go to: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/help-for-managing-multiple-medications>

MedLine Plus offers information for caregivers at "[Caregiving – medication management](#)"

Or go to: <https://medlineplus.gov/ency/patientinstructions/000952.htm>

If you find a broken link in any of the newsletter's referenced sources, please let us know! Thank you!!
The URL has been added to help readers access the articles.

All information presented is for educational purposes only. References are not endorsements.



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 independent adults 65 years 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, Care Guides, and a photo gallery

Contact us at 304 280-8701 with questions about resources and issues concerning older adults and caregiving.

