



September 4, 2024

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

Brain Health & Olive Oil

Another note on brain health and diet from the August edition: Brain & Life magazine has an article on "[The Brain Health Benefits of Olive Oil](#)" which says that a diet that regularly includes olive oil "could benefit brain health regardless of what else a person eats..." The article goes on to say as little as one tablespoon of olive oil per day could lower the risk of dying from dementia compared to those who rarely consumed or didn't consume olive oil. (Two tablespoons of olive oil is the recommended maximum per day. The [study](#) was published in *JAMA Network Open* in May 2024. Here are some [recipes](#) to help you incorporate olive oil in your diet.

Smell This*

But what if you can't? Not being able to smell, a diminished sense of smell, or not being able to smell certain aromas may be an indicator of a neurologic disease such as [Parkinson's disease](#), [Alzheimer's disease](#), or [multiple sclerosis](#). We all lose some of our sense of smell as we age due to physiological changes but lifelong damage can be worsened by neurologic conditions and other factors such as head trauma, smoking, allergies, and respiratory infections. Many people who contracted Covid have had their sense of smell impacted temporarily or permanently. Read the article "[Nose Dive](#)" to learn more.

Downsizing & Decluttering Postscript

After the research for last month's Downsizing & Decluttering article, I was motivated. I decided it was time to do some decluttering and started with some boxes of papers at the office. Read, sort, file, shred...a lot. I came across an article from 2000 (yes, indeed – I needed to declutter...) entitled "[Incompetent People Really Have No Clue, Studies Find](#)". It was an interesting read that made me wonder about current research. This effect has a name and there is a good bit of information out there. Read on....

The Dunning-Kruger Effect*

We've all known people who overestimate their abilities. They have no expertise in an area but believe that they are *THE* source and are perfectly in touch. There is research on what is known as the [Dunning-Kruger Effect](#) (who knew it had a name?!) which occurs when a person's lack of skill or knowledge causes them to overestimate their abilities. We see this everywhere - on social media, in politics, in businesses, on TV...we see it every day. Here is another article "[Incompetent and Overly Confident](#)". There is some interesting information.

Driving and Older Adults

Driving can become more challenging as we age. Vision changes, stiff joints, medications, and some medical conditions may impact our driving ability. Even with the changes that occur, we don't want to give up our keys. The National Institute on Aging offers tips on "[Safe Driving for Older Adults](#)" and The Hartford offers "[We Need to Talk](#)" which gives information on having the driving conversation with our family members. Driving simulators offer objective testing of a consumer's skills. Ask your primary care provider about a program near you. (In our area, Carriage Inn of Steubenville has a [driving program](#).) Volunteer Editor Jeanette Wojcik will take a Deeper Dive on this topic later this month.



Scammers are Out to Get Us!*

QR Code and Bar Code Scams

QR codes are everywhere! The Better Business Bureau (BBB) reports that some QR codes direct consumers to phishing websites, fake pay portals, and downloads that infect your device with viruses or malware. The common theme in QR code fraud reports is that most scams come from unsolicited contacts or a code posted in a public location. *Confirm the QR code before you scan. *Don't open links from unknown sources. *Check for a shortened URL when you scan the code (you won't know where it's going). *Be cautious when using public connections. Read more at the [BBB's Scam Alert](#).

Bar Codes & Bill Paying Scams are also popping up. The Federal Trade Commission is warning us that scammers are contacting potential scamees about non-payment (often a utility bill) and offering to send a bar code for a more expedient and convenient means of paying at Walgreens, CVS, or other locations. Don't fall for it. The FTC offers [tips to help consumers](#) avoid getting scammed.

Election Scams / News Scams / Misinformation

Be vigilant and watchful for Artificial Intelligence scams especially regarding the upcoming election. AI has already generated fake images and Robocalls prompting voters to make decisions based on false information and deep fake audio and video. There is a lot at stake. There are influencers that aren't looking out for our or our country's best interests. *Be smart – ask questions. *Don't accept news at face value. Question what you're told. *Don't rely on "news" from social media! *Be informed. Stay informed. *Follow the money. Who are advertisers or promoters? *RESEARCH the information and the source so you can confirm, refute, or find the facts. There are [fact checking websites](#). Use them!

Overall

Scammers are not some group of kids in somebody's basement. Scamming is a HUGE business. Scammers can be bold and aggressive, and they may threaten you. They play on emotions: fear, anxiety, concern, hope, or 'connection'. They may use flattery or try to make you think they are your friends. They may offer the promise of love and romance. They are sophisticated and are focused on getting our money and our personal information. Technology has enhanced the schemes that scammers perpetrate and they are tech-savvy. Be cautious.

New Support Group for those with Myasthenia Gravis

A support group for those with Myasthenia Gravis will be starting locally on September 28. For information and registration, contact Jay Adams at 304 780-9274. There is no charge to participate.

Your Health

- The CDC offers [information on vaccinations](#) which are appropriate to age and health conditions.
- Seasonal flu shots and the updated Covid vaccination are recommended by the CDC.
- Many vaccinations are available at most pharmacies.
- Vaccinations are covered by Medicare *for those with prescription coverage*.
- Check with your physician for any contraindications.

What's Going On?

***Upper Ohio Valley Walk to End Alzheimer's**, Wheeling Park, Wheeling WV, September 22, 2024, Contact Christina Beck at cbeck@alz.org for more information or go to <https://act.alz.org> to register or donate.

***Medicare Open Enrollment** starts on October 15 and ends on December 7. Check your coverage to see if you need to make a change. You can go on the Medicare website and explore what is available to you on the [Medicare Plan Finder](#). Your State Health Insurance Information Program counselor can help. [Find your SHIP Counselor](#). Elizabeth Blake now covers Brooke and Hancock Counties in WV in addition to Ohio and Marshall Counties.



Local Adult Services Coalitions

Adult Services Coalitions offer networking and educational opportunities for professionals who serve older adults. We welcome health and human service professionals who want to meet and network with colleagues, and learn about resources for consumers. Contact the group facilitator(s) for more information!

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 at Jefferson County Chamber of Commerce, 630 Market Street, Steubenville OH starr.decariarx@gmail.com

Harrison County: 4th Wednesday at 3pm at the Cadiz Senior Center, Cadiz OH tblanchard@theicgroup.com

WEST VIRGINIA:

Brooke County: 2nd Monday at 2pm at the Brooke County Senior Center, Follansbee WV Chris Orris at corris@valleyhospice.org

Ohio County Adult Services Coalition: 3rd Tuesday at 2:00 at Vance Memorial Church, Wheeling WV, tblanchard@theicgroup.com

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

Timely Resources for Readers

A Smell This

- Read more about [Smell Disorders](#) at the National Institute on Deafness and Communication Disorders

A Dunning-Kruger Effect

- [“Incompetent People Are Often Too Incompetent to Realize Just How Incompetent They Are”](#) further explores the Effect.
- LinkedIn posted an article on [“Why Are Incompetent People So Confident?”](#) that further explores the Effect.

A Scams

- There are games such as [Bad News](#) to help consumers hone their skills in detecting fake news and misinformation. There are [more practice games](#) for consumers and you can also [Choose Your Own Fake News](#).
- [“How to Avoid a Scam”](#) and [“How to Keep Scammers and Hackers Away”](#) from the Federal Trade Commission
- [“How AI Manipulates You Daily”](#) from Psychology Today
- [“Eight Things to Know About Information Disinformation in the Age of AI”](#) from AARP
- [“Avoid Answering Calls from These Area Codes”](#) from Readers Digest



Altenheim Retirement Community

Founded 1891

Our cottages are situated adjacent to our Administrative Building 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 gadakovic@gmail.com or 304 281-8797

Our first residence in 1891 to the upgrade in 1950 to our transition to a retirement community in 2008



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 with 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.

