



August 17, 2023

**Falls\***

Falls are life-changing events causing increased dependence for many. Anyone (of any age) can experience falls but for those with dementia, the risk of falling increases. Research has shown that vision impairment, living alone, and a history of falls are additional risk factors and those with dementia are even more vulnerable. Older adults and caregivers need to be aware of safety factors that can help reduce the risk of falls. Safety Check Lists can help consumers identify issues that may need modified or corrected. Consumers need to be aware of the statistic that falls caused approximately 36,000 deaths for those 65 and older in 2020 according to the CDC.

**Nightmares: Consider Talking to Your Doctor If...**

Are nightmares a problem for you, your care receiver, or someone you know? An article in the current edition of *Brain & Life*® addresses this problem. "[Are Nightmares Associated with Neurologic Conditions?](#)" offers possible conditions and / or medications that contribute to sleep disturbances. Consult your health care professional with your concerns.

**Wildfire Smoke: How It Affects Our Health**

We have been living in a long period of wildfires all around the world. The most recent fires in Canada sent smoke our way. Emergency alerts were issued warning those with chronic breathing problems and other health issues to remain inside or wear masks when going out. Mayo Clinic offers insight into the [dangers of the wildfire smoke on our bodies](#). *Brain & Life*® dives into the impact of wildfire smoke on our brains in the article "[How Wildfire Smoke May Affect Brain Health](#)". The toxins and particles have an impact on those with neurologic disorders and can worsen conditions.

**Scam Info**

Premier Bank offers consumers information on how to avoid scams. Be aware of these tactics. \*Scammers pretend to be an organization you know. (Possibly government or utility companies. They can make the number on caller ID match their chosen identity.) \*Scammers may indicate there is a problem or they may say you've won a prize. \*Scammers pressure you to act now and may threaten you with arrest or other adverse consequences. \*Scammers tell you how to pay often wanting a gift card. Don't fall for these tricks! Disconnect the call.

**What's in YOUR Wallet?**

This is a popular tagline for a major credit card but you should ask yourself this question and take a wallet inventory. We need to check our wallets and watch what we carry. Too much "stuff" in our wallet can be a treasure trove for scammers if we are robbed. Among the things we should NOT carry are our Social Security card, a house key, and a blank check. There's more! What else should we leave at home? Check out the article "[10 Worst Things to Carry in Your Wallet](#)" on the AARP website.

**Did You Know Your Phone Could Do That?\***

Our phones are such versatile tools. They have flashlights, calculators, cameras, calendars, and there are apps we can add that offer even more versatility! Did you know your phone can read to you? It can caption video calls. It can translate conversations. This [article](#) will talk about more options on your phone.



**WVU School of Social Work**

The WVU School of Social Work Lunch & Learn program will resume in the fall. They expect the schedule to be out in the coming week. You can read about the Lunch & Learn program [here](#). Continuing education credit is available for *live* attendance for WV Social Workers. (Other states' licensees are subject to their state's licensure regulations.) The one hour programs are free and pre-registration is required. Topics vary and all are interesting. You can also get on the Listserv so you are notified of upcoming workshops. Previous programs are [archived](#).

**WV Utility Assistance**

You may be eligible for a discount on your gas bills during November and December, 2023 and January, February, and March of 2024 if you receive Supplemental Security Income, WV WORKS, or SNAP (you must be 60 years or older). If you are receiving any of these forms of assistance, the WV DHHR will send you a letter explaining the program and an application to submit to Mountaineer Gas Company. For more information, call the WV Department of Human Resources at 1 800 642-8589.

**Other Utility Considerations**

Most utility companies offer a 'budget' plan that helps spread billing and averaging costs. Contact your utility provider(s) for information on their billing options. Some areas offer choices of utility providers. In Ohio, check with your local [Community Action Commission](#) or the [Office of the Ohio Consumers' Counsel](#) for utility information. The [Consumer Advocate Division](#) of the West Virginia Public Utilities Commission offers information to West Virginia consumers on utility assistance.

**The Constitution and the Declaration of Independence**

Civics and government classes were a long time ago for me. If you are like me and have forgotten the details of these documents, go to the Government Publishing Office (GPO) for the [Constitution and the Declaration of Independence](#). There are many other documents and booklets at the [GPO](#) you can download or order.

**How Is Your Garden Growing?\***

Is your harvest bountiful? Have you become the person in the neighborhood who leaves a bag of veggies on a porch, rings the doorbell, and runs? There are a lot of things you can do with your zucchini. Breads, cookies, zucchini boats on the grill, or just plain dredged and breaded zucchini on the grill. Tomatoes can be canned whole, quartered, or pureed. Marinara sauce is a favorite in our house and it freezes well. Peppers can be stuffed. Spaghetti squash is so versatile and you can use it with any recipe that calls for noodles. Enjoy your harvest! If you don't have a garden, the Farmer's Markets are in full swing. Buy some veggies and support your local growers!

**Pet News**

August is National Dog Month! Wishing all dog lovers and their four pawed children Happy Dog Month!





Timely Resources

To honor those who are “Cat People”, August 8 was International Cat Day.



**Hot Weather and Our Pets**

Make sure to keep an eye on your pets in the hot weather. Make sure they have water, shade and shelter. An outdoor dog box is NOT shelter from the heat. (These boxes hold in heat, like having the oven on and leaving the door slightly ajar and offer no protection from the hot weather.) Check for ticks on your pets. Keep vaccinations current. Allergies are bad this year so keep an eye on your pet for skin issues or other signs of allergies.

**Up & Coming**

**>Mountaineer BrewFest**

Held at Heritage Port, Wheeling WV on Saturday, August 19 from 4pm – 10pm. Proceeds benefit Family Service – Upper Ohio Valley. Get information on BrewFest [here](#).

**>Sunset Senior Fair**

Hosted by IC Care, the event will be held on Wednesday, August 23, 2023 from 5pm – 8pm at Heritage Port, Wheeling in conjunction with Waterfront Wednesdays. There will also be a lantern launch honoring or memorializing those with dementia with proceeds benefiting the Alzheimer’s Association. Contact Tate at [tblanchard@icgroup.com](mailto:tblanchard@icgroup.com) for information on lanterns (\$5 each).

**>Ohio Valley Walk to End Alzheimer’s**

Will be held on September 24, 2023 at Wheeling Park with registration at 1:00pm and the Ceremony & Walk at 2:00pm. Go [here](#) to register, join a team, or donate.

**>Vendor Fair**

Family Service – Upper Ohio Valley (Ohio County Senior Center) will offer a Vendor Fair on October 12, 2023 from 10am – 2pm. Contact Paula Calvert at 304 233-2350 ext 105 for details.

**>Friends Helping Friends**

[Boscov’s Annual Friends Helping Friends](#) will be held on Wednesday, October 18, 2023 from 8am – 11pm. Agencies register with Boscov’s, sell the shopping passes for \$5, and keep those donations. Consumers buy the shopping pass from the registered non-profits and enjoy savings in most departments. Check with your local Boscov’s about their Friends Helping Friends event. If you’re a non-profit, check Boscov’s site for registration information and if you’re a consumer, ask if the non-profit you support is registered.

**>Veteran’s Workshop**

The fall veteran’s workshop will be held on October 19 from 9am – 11am. “Working with Spouses / Partners of Veterans” will offer 2 CEUs (pending approval from the WV Board of Social Work). Contact Ann at [akoegler1995@gmail.com](mailto:akoegler1995@gmail.com) for registration information.

**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: 1<sup>st</sup> Thursday at 11am at Senior Services of Belmont County, 67650 Oakview Drive, St



Timely Resources

Clairsville OH [akoegler1995@gmail.com](mailto:akoegler1995@gmail.com)  
 Guernsey County: 3<sup>rd</sup> Wednesday at 3pm [Stacey.clark-frame@altercareonline.net](mailto:Stacey.clark-frame@altercareonline.net)  
 Jefferson County: 3<sup>rd</sup> Thursday at 3pm at Prime Time [starr.decariarx@gmail.com](mailto:starr.decariarx@gmail.com)  
 Harrison County: 4<sup>th</sup> Wednesday at 3pm at Cadiz Senior Center [tblanchard@icare.com](mailto:tblanchard@icare.com)  
**WEST VIRGINIA:**  
 Hancock County: 3<sup>rd</sup> Wednesday at 2:00pm at Hancock County Senior Center  
[starr.decariarx@gmail.com](mailto:starr.decariarx@gmail.com) or [alivingston@change.org](mailto:alivingston@change.org)  
 Brooke County: 2<sup>nd</sup> Monday at 2pm at the Brooke County Senior Center  
[chambersandjames@gmail.com](mailto:chambersandjames@gmail.com)  
 Ohio County Adult Services Coalition: 3<sup>rd</sup> Tuesday at 1:00 at Vance Memorial Church  
[tblanchard@icare.com](mailto:tblanchard@icare.com)  
 Senior Partnership of Ohio / Marshall Counties (formerly Ohio/Marshall County Coalition): 1<sup>st</sup> Monday  
 at 11am via Zoom [pcalvert@fsuov.com](mailto:pcalvert@fsuov.com)  
 Marshall County Senior Coalition: 2<sup>nd</sup> Weds at 2:30pm at Marshall County Senior Center  
[corris@valleyhospice.org](mailto:corris@valleyhospice.org)

**Vaccinations, Boosters, Flu Shots**

- The CDC offers [information on vaccinations](#) which are appropriate to age and health conditions. The general recommendation from the CDC is to get the flu vaccination by the end of October.
- Covid vaccinations and boosters as well as annual flu shots are available at most pharmacies.
- Vaccinations including the shingles vaccine are now covered by Medicare *for those with prescription coverage*. Check with your physician for any contraindications.
- Flu season is just around the corner. Talk to your health care provider about a flu shot.

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.

**\*Falls**

- A The CDC offers this [guide on fall prevention](#).
- A The American Academy of Orthopaedic Surgeons offers this [information on fall prevention](#).
- A Modifying your home can make it safer and decrease the risk of falls. Check out these two resources. The [AARP HomeFit Guide](#) features ways to make a home comfortable. The Do-Able Renewable Home offers guidance on home modification and is available to read at [Internet Archive](#). You can also access it [here](#).
- A The Alzheimer’s Association offers a [Home Safety Checklist](#).

**\*Did You Know Your Phone Could Do That?**

- A USA Today offers these tips to phone users “[Ambient sound to plant finder apps: What hidden features does my phone have?](#)”

**\*How Is Your Garden Growing?**

- A Check out these sites for your garden fresh recipes: [Graceful Little Honey Bee](#) and [The Farmer’s Almanac](#) offer recipes for all occasions including garden harvest recipes. (I have awesome recipes for zucchini bread and squash casserole. Email me if you want a copy.)

All information presented is for educational purposes only.



## 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](mailto:gam.dakovic@gmail.com) or 304 281-8797



## Altenheim Resource Services

*Altenheim Resource Services, a division of Altenheim Retirement Community since 1995*

Empowering older adults, caregivers, and their advocates through information, education, and support

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](mailto: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.**

