

RESOURCEFUL THINKING FOR CHANGING TIMES

An E-Brief

Ann Koegler, Altenheim Resource Services

February 16, 2021

News in brief

Altenheim Retirement Community Celebrating 130 Years

In 1891, Anton Reymann's vision to develop a home where older women could age and have their needs met was realized with the opening of Altenheim Home for the Aged at the site of the former Mt. Belleview Hotel in Wheeling. Room and board, meals, housekeeping, and life care were provided.

In 1949, the Altenheim Board of Trustees purchased "Uplands", the family home of John Schenk. The "new" Altenheim offered private rooms with private baths and an elevator to 15 ladies.

We have now changed from an in-house residence to a retirement community with 8 independent cottages for women, men, and couples. If you would like more information or an application for residency, contact Executive Director George A. Dakovic at 304 242-3340.

WV Social Worker of the Year – Kathy Shelek-Furbee

It gives me great pleasure to share that Kathy Shelek-Furbee has been named the WV Social Worker of the Year by the WV Chapter of the National Association of Social Workers. The annual award recognizes significant contributions in the field of social work and to West Virginia. Kathy retired from Bethany College last May and is now a professor emerita.

Kathy joined the Bethany faculty in 1984, became director of the social work program in 2001, and chair in 2007. Kathy has also been a key member of our workshop committee that has provided continuing education for social workers for the past several years.

Kathy is richly deserving of this award. Her devotion to her students, the profession, and the continuing education of professional social workers is exemplary. Congratulations, Kathy!

Volunteer Income Tax Assistance

Volunteer Income Tax Assistance (VITA) will be available at the Ohio County Public Library from January 27 - April 15, 2021.

- The first step is to get the forms which can be done by going to VITA's website at www.vitaocpl.com or by going to the front of the Ohio County Public Library. (The library is closed but packets with the forms are in a box there.)
- When the forms are completed, consumers should call 304 232-8985.
- Questions? Go to the website and go to the Contact section of the menu or call 304 232-8985.

[Source: The Intelligencer, Feb 16 2021, "Free Tax Help Available Again at Ohio County Public Library"]

Observing National Social Work Month - Veteran's Workshop in March

John Looney, ACSW, BCD, Director of the Veteran's Outreach Center in Wheeling will be our guest presenter on March 24, 2021 for the virtual workshop "Helping Combat Veterans Manage Anger". The workshop is free and will run from 10am – 12noon. Registration information will be emailed the week of March 1.

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Local Facility Featured in New York Times

Good Shepherd Nursing Home in Wheeling was featured in an article in the New York Times. Check out “Inside a Nursing Home After the Vaccine: Joy, Relief and Game Night” at the following link: <https://www.nytimes.com/2021/02/12/us/nursing-homes-covid-19.html?smid=em-share>

Scams

Scammers are out there trying to get personal information (Social Security numbers, Medicare numbers, bank account numbers, credit card numbers) and/or money (gift cards). Don't fall for the Sweetheart or Romance Scam, the Grandparent Scam, or the Covid vaccine scams (skip others in line, have it delivered to your home, buy other cures or preventives) - to name but a few. Educate your consumers and your friends.

If you have been scammed or need information, contact the WV Attorney General's Office at www.ago.wv.gov or call 800 368-8808 or the Ohio Attorney General's Office at www.ohioprotects.org or 800 282-0515 or your state's Attorney General. You can also contact the FBI, the FTC, or the police.

Virtual Meetings

We've all had a lot of experience with virtual meetings in the past year. I'm sure that I'm not the only one to have made some virtual etiquette faux pas. As we continue to live life virtually, consider these tips.

Watch your background

- Are there pictures and/or books and/or magazines? Are they appropriate?
- Is your partner visible? Where are your kids? Is everyone dressed?
- Where are your pets?

Watch your audio

- Is the TV on? Are you constantly texting? Mute the TV. Turn off the audio.
- Here again – what is your partner doing? What are the kids doing? Is the dog barking? Mute.

Filters

- You don't want to be a cat or a potato. There should be no googly eyes on anyone.

Eating & Drinking

- The simple message is “Don't eat”. If you need or want to eat, turn off your video and audio.
- Most of us do keep a bottle / glass of water or a cup of coffee or tea. Just try to be considerate so as not to distract other participants or the speaker.

Screen sharing

- When screen sharing, be aware of the files that are visible on your desktop.

We have all gone through a learning curve with virtual meetings. We have to be aware of backgrounds, how we are dressed, and what's going on with family and pets. There are many examples of what not to do on virtual meetings. Share your tips! What have you found to be “Zoom Dos and Zoom Don'ts”?

Masks

The Centers for Disease Control (CDC) has recommendations for wearing masks.

- Make sure your mask fits snugly against your face. Gaps can allow air with respiratory droplets to leak in and out.

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- Pick a mask with layers to keep your respiratory droplets in and others' out. A mask with layers will help stop more respiratory droplets getting inside your mask or escaping.
- Choose a mask with a nose wire. The wire helps fit the mask to your face.
- Add layers of material. Use a cloth mask that has multiple layers of fabric.
 - Wear a disposable mask underneath a cloth mask.
 - Do not combine two disposable masks.
 - Do not combine a KN95 mask with any other mask.
- Knot and tuck ear loops on a 3-ply mask.
 - Knot the loops where they join the edge of the mask.
 - Fold and tuck the extra under the edges

We're not through this yet. Numbers are decreasing. More people are being vaccinated. But we still need to be vigilant! Wear a mask or two. Observe social distancing. Stay smart. Stay safe.

[Source: www.cdc.gov, "Improve How Your Mask Protects You", updated February 13, 2021]

In Home Care Services Available

In home care (non-medical) offers many services to help people stay at home and as independent as possible. Basic supervision, light housekeeping, and personal care assistance help people remain in their homes. Many families have opted for in home assistance during the pandemic instead of placement in a facility. In addition, many facilities were not doing first time admissions.

Medicare does not cover home care (non-medical). Care may be paid for out-of-pocket or the consumer may be eligible for Veteran's benefits that will help with cost of care. Some long term care policies help with home care. In addition, county senior centers often have in home services. Some are grant-based and some are sliding-scale. Hourly fees vary from agency to agency.

If you or your loved one need some help in the home, check on in home non-medical services to meet your needs. Call or email Ann for resources in your area.

Note: From the professional caregiver perspective, many of our in home agencies are hiring!

Altenheim Resource Services

Do you need information on aging issues such as dementia or on resources for supportive services? Give us a call! We continue to work from home but you can reach Ann at 304 280-8701 (please leave a message), through email (akoegler1995@gmail.com) or through our website (www.altenheimcommunity.com). Free and confidential.

Altenheim Retirement Community ~ Celebrating 130 Years

We have 8 cottages for independent adults 65 and over. We continue to accept applications for residency. For more information or to request an application, contact Executive Director George Dakovic at 304 242-3340.