



June 19, 2023

June is Alzheimer's and Brain Awareness Month

June is Alzheimer's & Brain Awareness Month. Alzheimer's Disease is a type of *dementia* that affects memory, thinking, and behavior. *Dementia* is a decline in mental function. It is the umbrella term for a collection of symptoms that include memory loss, problems with reasoning and thinking that interferes with daily living. Dementia is a syndrome not a disease. Alzheimer's disease is the most common form of dementia and it has no cure. Medications have been approved to treat symptoms and recently two drugs have been approved by the FDA for treatment of the disease. Vascular dementia is the 2nd most prevalent form of dementia. Learn more about [Alzheimer's disease](#) and [dementia](#).

June is Aphasia Awareness Month

Two million people in the United States have lost the ability to use words. Aphasia is an impairment of language, affecting the production or comprehension of speech, and the ability to read or write. Aphasia is due to injury to the brain most commonly stroke but can also result from head trauma, brain tumors, or infections. Aphasia can be very severe making verbal communication difficult to impossible or it can be mild. Learn more about [aphasia](#).

Other Observances*

World Elder Abuse Awareness Day was observed on June 15 but this is an issue we need to be aware of every day. The [US Department of Justice](#) estimates that at least 10% of those 65 and over will experience some form of abuse. Are you a mandated reporter? Many professions are required to report incidences of abuse, neglect, or exploitation. Here is general [information on mandated reporting](#) but check with your state's regulations regarding the professionals who are legally responsible to report. CNA Week is observed June 15 – 23. Thank you to all the nursing assistants who have such a vital role in acute care, long term care, and home care. We appreciate your dedication to caregiving! Father's Day is observed on June 18. Blessings to our fathers, grandfathers, step-fathers, substitute fathers, and seem-like fathers. Juneteenth is observed on June 19 and is the oldest known celebration marking the end of slavery. West Virginia Day is June 20. Happy 160th Birthday, WV!

Drug Trial for Lewy Body Disease

Dementia with Lewy bodies (DLB) is a progressive disorder affecting thinking, movement, behavior and sleep. There are no FDA-approved treatments for LBD. A clinical trial is being done for "CT1812" to see how well it is tolerated, and will test how well it will treat mild to moderate DLB. Study participants will attend 12 visits over 8 months, and during that time will be randomly assigned to the study drug or a placebo for 6 months. You may be able to participate if you are: Between the ages of 50 to 85, have been diagnosed with mild to moderate dementia with Lewy bodies (DLB), and have a caregiver/study partner who is willing and able to attend all study visits and participate in some study assessments. Learn more about the study and site locations at the [Lewy Body Dementia Association](#) website.

How You Can Lower Drug Costs

Elizabeth Blake (WV SHIP Counselor with Information & Medicare Helpline) shared the June 2023 Medicare Minute which offered information to consumers regarding drug costs.

- Apply for extra help. There are Medicare Savings Programs to help eligible beneficiaries.
- Are there any State Pharmaceutical Assistance Programs that can help? Call 877 839-2675 and say "Medicare" at the prompt or go to www.shiphelp.org to find your SHIP. (State Health Insurance Assistance Program)



Timely Resources

- Talk to your doctor. Are there any alternatives to the medication?
- Are there Patient Assistance Programs through the pharmaceutical manufacturer?
- Check out drug discount cards such as visoryhealth.com, goodrx.com, drugs.com, insiderx.com and others. See what offers the best price for you.
- Talk to your local SHIP counselor for help with Medicare information. Contact Elizabeth Blake at 304 233-6300 for WV assistance or 1 800 686-1578 for assistance in Ohio.

Stress Relief*

A little stress is OK. A lot of stress – not so much. Stress can affect us physically and mentally [according to Mayo Clinic](#). If you are a caregiver, you often get overlooked with all attention being placed on the care receiver. How do you manage your stress? Walking, yoga, prayer, meditation, journaling, hobbies, and maintaining social relationships can help. Watch sugar and caffeine intake. Stay hydrated. Be aware of your own health care needs! Look for services that can make your life simpler. Check out the following.

Home Delivered Meals

There are several options for home delivered meals. State programs most often require that the recipient meet eligibility guidelines. Contact your county senior center for information on their home delivered meal program. Consumers who don't meet guidelines through state programs have other options. Do some shopping and compare prices.

[Magic Kitchen](#) 877 516-2442

[Send a Meal](#) 800 549-2120

[Mom's Meals](#) 877 508-6667 (Works with state programs, insurances, and private pay)

[Top Chef Meals](#) 800 616-8044

[Simply EZMeals](#) 800 800-9929 (Available in 78 Ohio counties and Southeastern Michigan)

Restaurants offer delivery through Doordash and Ubereats. Contact the restaurants or check their webpages for delivery information.

Prescription Delivery

Talk to your area pharmacies to see what services they offer. Many pharmacies will package your medication in blister packs, offer medication synchronization so everything is filled at the same time, call your health care provider for refills, and deliver at no charge.

Find Your Passion

[You Tube](#) offers exercise videos, crafting how-tos, and so much more. You can watch when you have a few minutes and take a "short" You Tube vacation. Do a search on the website. (I searched for 'Caregiver Hacks' and found a lot of videos with suggestions for caregivers.) [Hoopla](#) is an app used to borrow books that is supported by our local libraries. Hoopla is free with your library card. Look on your social media outlet for your interests. There are groups for every interest!

The Most Awesome Website

One of the unintended consequences of doing an Internet search is finding an awesome website. I was looking for a specific document and one hit led me to [Internet Archive](#). In "About Us" it says: *The Internet Archive, a 501(c)(3) non-profit, is building a digital library of Internet sites and other cultural artifacts in digital form. Like a paper library, we provide free access to researchers, historians, scholars, people with print disabilities, and the general public. Our mission is to provide Universal Access to All Knowledge.* There are books, documents, videos, and more. (I did find the document I wanted on that website.) Check it out!



USDA Rural Development Assistance

Single family housing repair loans and grants can provide some much-needed assistance to eligible homeowners. The Section 504 Home Repair program provides loans to very low income homeowners to repair, improve, or modernize their homes or it provides grants to elderly, very low income homeowners to remove health and safety hazards. Eligibility factors include (but are not limited to) home ownership, income and location of property. Find state-specific information on [single family housing programs](#). Contact the McMechen WV office for WV information at 304 238-5644 or the Marietta OH office for OH information at 740 885-3303.

Food Insecurity*

SNAP benefits were reduced to pre-pandemic levels. Grocery prices, gas prices, and utility costs continue to go up. Food pantries are seeing more use as are the Blessing Boxes around the county. SNAP benefits do not cover cleaning supplies, personal hygiene items, and pet supplies. Consider these items when you're shopping and donating.

FEMA Webinar

"Disability Etiquette, Awareness, Sensitivity and Terminology Panel Discussion" will be held on Thursday, June 22 from 1:00 pm – 2:30 pm. The session will explore these issues and best practices. Registration: <https://fema.connectsolutions.com/disabilitypanel22jun/event/registration.html>

Our Deepest Sympathy

To the family of Shawn Chrisagis. The Chrisagis Brothers (Shawn and Brian) donated their time and talent to entertain at the Older Adult Expo for several years. May God's peace surround you.

Local Adult Services Coalitions – There have been some changes

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 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 Prime Time starr.decariarx@gmail.com
- Harrison County: 4th Wednesday at 3pm at Cadiz Senior Center tblanchard@iccare.com

WEST VIRGINIA: note changes

- Brooke County: 2nd Monday at 2pm at the Brooke County Senior Center Eric Fithyan chambersandjames@gmail.com
- Hancock County: 3rd Wednesday at 2:00pm at Hancock County Senior Center starr.decariarx@gmail.com or alivingston@change.org
- Marshall County Senior Coalition: 2nd Weds at 2:30pm at Marshall County Senior Center corris@valleyhospice.org
- Ohio County Adult Services Coalition: 3rd Tuesday at 1:00 at Vance Memorial Church tblanchard@iccare.com
- Senior Partnership (formerly Ohio/Marshall County Coalition): 1st Monday at 11am via Zoom pcalvert@fsuov.com



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.

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.

Other Observances*

- A World Elder Abuse Awareness Day: National Center on Law and Elder Rights offers [information on elder abuse](#) and is offering ‘[Family Violence and Abuse in Later Life](#)’ virtually on June 28, 2023.
 - o The number to report adult abuse in WV: 1 800 352-6513 or call your county Department of Health & Human Resources. The number in Ohio is: 1 855 644-6277 or contact your county Department of Job & Family Services.
 - o You can get information on Adult Protective Services and find where you can report at the [National Adult Protective Services Association website](#) or at the [National Center on Elder Abuse website](#). Both offer information on elder abuse and reporting.
 - o Information on mandated reporting
 - [Mandated reporter WV](#)
 - [Mandated reporter OH](#)

Stress Relief*

- A The current issue of Healthy Aging offers [free sample coloring pages](#) to download and color.
- A Most areas have concerts and events lined up through the summer. Find out what’s available in your area at your local Chamber of Commerce or Visitors’ services or your state’s tourism site. The [Ohio Valley Summer Events Guide 2023](#) is available from Panhandle Cleaning & Restoration.
- A Check with your local library for Lunch with Books programs and other events.

Food Insecurity*

WEST VIRGINIA

- A You can find a food resources at the [Ohio Country Family Resource Network](#) website.
- A [Marshall County Family Resource Network](#) offers a Food Assistance Resource guide.
- A [Catholic Charities Neighborhood Center](#) offers a food pantry, a cleaning pantry, and hot meals. 304 232-7157.
- A [Family Service – Upper Ohio Valley](#) (Ohio County Senior Center) offers hot meals, and home delivered meals to those who are eligible. 304 233-2350

OHIO

- A *The [Salvation Army in Bellaire](#), Ohio is a resource for food in Belmont County.
- A *Contact The Food Pantry of St Clairsville at stclairsvillefoodpantry@gmail.com for information on hours. (Richland School District residents)



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 or 304 281-8797



Altenheim Resource Services

Altenheim Resource Services, a division of Altenheim Retirement Community

Empowering older adults and caregivers with information on aging, services and resources
for over 25 years

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, and a photo gallery

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

