



Resourceful Thinking

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WORKING THROUGH THE PANDEMIC

CORONAVIRUS 2020

We are going through unprecedented times.

We have seen horrible scenes of hospitals, ambulances waiting to offload patients, front line workers in gowns and masks. It's a scary time.

We have seen leaders emerge exhibiting strength and compassion, and, conversely, we have seen confusion and false information. Some people have placed concerns of money over lives, and continue to do so as the virus rages.

These times are like nothing we have ever seen.

This is one of those times where it takes a village. WE – all of us – are responsible for each other. What YOU do can change someone's life forever. What I do can impact huge numbers of people.

We can have a positive influence and socially isolate if possible or socially distance if we can't stay in.

Now – more than ever before in our history – we must – WE MUST – be vigilant and conscientious about our actions. We must think about stopping the spread of this virus. We must put the lives of everyone we come across ahead of temporary gains.

Please think about each action you take.

- Think about staying at least 6' away from people.
- Think about socially isolating if you can.
- Think about washing your hands – often – and for at least 20 seconds (sing Happy Birthday, say the Lord's Prayer, do a meditation exercise).
- Think about wearing a mask in public.

- Think about changing and washing your clothes, and taking your shoes off as soon as you get home.
- Think about what you touch: touch screens, money, door knobs. Wash your hands and clean surfaces frequently.
- Think about being discerning with information, and following our experts in epidemiology and infectious disease. Learn who you can trust with information – and who you can't.
- Think about your parents, your grandparents, other peoples' families when you scoff at safety gear.
- Think about self-care. These times are so very stressful. Read a book, meditate, do yoga.
- Think about staying in touch - Call, email, Facebook, Skype, Zoom, Facetime – stay in touch!
- Think about saying THANK YOU to front line workers: emergency workers, docs, nurses, grocery store workers, sanitation workers, everyone who is working so hard to provide what our country needs to keep going.
- Think about thinking about others.
- Think about rising above the bad examples: act responsibly, be accountable for your actions, be compassionate, be kind, and be proactive with your safety and the safety of others.

CORONAVIRUS SCAMS!

I read on one web page that scammers follow the money. They also follow fear.

At this most trying time, there is no shortage of fear. With this virus, there is no cure. There is no treatment. There is no vaccine.

Scammers, however, are offering cures, treatments and vaccines. **THEY DO NOT EXIST!**

The Federal Trade Commission warns of websites offering unapproved and misbranded products claiming treatments or claiming they can prevent the coronavirus.

The FTC has sent warning letters to companies making false claims and these companies include: Bioenergy Wellness Miami, Face Vital LC, MedQuick Labs, Rocky Mountain IV Medics and Vita Activae. More than 25 letters have been issued warning companies about false claims.

No one is safe from scammers. These people have one thing as a goal: get your personal information and your money.

Scammers are also using the economic impact payments (also known as stimulus checks) to trick people. People with direct deposit from previous tax returns will have checks deposited in their account. Those who do not will receive checks in the mail.

Please do not fall for a scam about your economic impact payment!

- Paper checks will be arriving in May at the earliest, according to the FTC.
- You may get an official looking check that is more than you expected. The next contact is from a scammer telling you to keep the \$1200.00 but return the rest by sending cash, gift cards or money transfers. The IRS will NOT do this!
- The IRS will not call or email to verify your payment or direct deposit information.

Scammers who gain access to your personal information can use it to steal money from bank accounts or credit cards, or sell the information to other bad actors for use in identity theft fraud."

Once again:

- Do NOT answer the phone if you don't recognize the number.
- If you do answer the phone and connect with a suspicious person or robotic voice, hang up!
- Do NOT engage these people in conversation! Don't worry about being nice!
- Do NOT give any personal information. Any agency with which you've been involved (such as Social

Security, Medicare, Medicare Supplements, Medicaid, Veteran's Services / Veteran's Administration) has your identifying information. They don't need you to give your number!

- For emails or online contacts, look for strange URLs. Does it say ".com" when it should be ".org"?
- Is there a call back number or a prompt to click? Do NOT do it!!!! Get the number from your customer information, their legitimate webpage, or other reputable source. Do NOT use the link or the number from the message you received.
- Do NOT send gift cards, Wal Mart cards, iTunes cards or other form of "payment".
- Contact your state's Attorney General, the police, the FBI, and/or the FCC if you think you've been scammed.

[Source: <https://www.consumer/ftc.gov/>]

MENTAL HEALTH IN THE TIME OF A PANDEMIC

Stress is running in high gear. There are so many worries and so few answers. We are not in control of many areas of our lives.

The economy. Our jobs. Being isolated. Will I catch it? Will I have food? When can I see and hold my family?

Like everyone else, I worry about these things. I want to go out. I want to go sit in a restaurant with my friends. I want to do things like I did not so very long ago.

BUT – WE CAN'T RUSH THIS VIRUS! We are not in control of the coronavirus. We need to wrap our head around the notion that we will need to adapt to a new normal when this passes.

So – what do we do to stay mentally well? We can be attuned to how stress affects us and work on coping.

- Changes in sleeping patterns
- Changes in eating patterns
- Difficulty concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, or other drugs

What can we do?

- Take care of yourself and your community. Take breaks from watching the news, take a break from social media.
- Take care of your body. Do deep breathing exercises, try to eat healthy, exercise regularly, get the sleep you need, watch alcohol consumption.
- Make time to de-stress and do something you enjoy.
- Maintain connections.
- Be informed about the coronavirus with factual information.
- Stay home if you are sick.
- Seek online support groups
- Journal what you are feeling

The mental health effects of this pandemic will go on long after the initial crisis abates. Our front line workers, those who have lost loved ones but who didn't have the opportunity to say 'good bye', and so many other aspects of this pandemic will live on in our minds. We will need services, support and additional health care for many of our people who have been profoundly impacted.

[Source: <https://www.cdc.gov>]

DOMESTIC VIOLENCE IN THE PANDEMIC

CNN reports that several cities are reporting jumps in domestic violence cases and calls to hotlines. This is not limited to the US. This is happening around the globe.

Some shelters are full with struggles to maintain social distancing and still help survivors. Also reported are an escalation in gun sales which is another alarming factor with domestic violence dangers.

Katie Ray-Jones, the CEO of the National Domestic Violence Hotline states, "Domestic violence is rooted in power and control, and all of us are feeling a loss of power and control right now."

Victims often can't reach out because their abuser is sitting next to them. They can't leave to go to work because of stay at home orders.

Psychology Today author Jason Whiting PhD suggests that those at risk:

- Focus on safety Listen to intuition and take action if things are escalating or threatening.

- Create a plan. Have important documents, cash and spare keys that can be gathered quickly.
- Have a safety word that can be used to help others recognize a dangerous situation.
- Get support.

This is an extra dangerous time for those who deal with domestic violence. Resources are limited. People are staying at home, often with their abuser.

There are hot lines and resources:
National Domestic Violence Hotline
1 800 799-7233 or text LOVEIS to 22522
National Sexual Assault Hotline
1 800 656-4673
Crisis Textline
Text HOME to 741741

You can also contact:
Police emergency
911
YWCA Family Violence Prevention Program - Wheeling
1 800 698-1247
Tri County Help Center Belmont County
740 695-5441
Tri County Help Center Harrison County
740 942-1018

[Source: "Some cities see jumps in domestic violence during the pandemic", www.cnn.com; "Trapped at Home: Domestic Abuse During the Pandemic", Psychology Today, April 10, 2020, www.psychologytoday.com]

CANCELLED or RESCHEDULED

Spring Symposium – March 26, 2020 - CANCELLED

Older Adult Expo - May 5, 2020 – CANCELLED

Invisible Patient series – SUSPENDED

Belmont County Adult Services Coalition meetings – SUSPENDED

OV-HEC conference – POSTPONED

Older Adult Extravaganza (AAA9 event) – RESCHEDULED for OCTOBER

WORKING FROM HOME

I have been working from home since mid-March. What an adjustment! I am so grateful to our Executive Director and Altenheim for allowing me to do this!

I'm getting a little stir crazy. I play "I Got You Babe" by Sonny & Cher each morning a la "Groundhog Day". (On my front porch) And I sing along.

My schedule is a little hinkey. I start work around 7:30 and work through until 3 when I stop and get a shower and get dressed.

"Ghost Adventures" and "Ghost Nation" have been added to my TV background noise along with "Gunsmoke".

It is not without challenges. I cannot remotely access my phone, and changed the message to reflect that contacts need to go through my email or our web page. I worry about those who may need assistance but who do not have access to Internet.

I brought a lot of work home and have been able to focus on the boxes of 'stuff' that need sorted and shredded.

Like most people, I miss contacts and my colleagues. I miss our Adult Service Coalition meetings (thanks to Tate Blanchard for the online Brooke / Hancock ASC meeting! It was so good to see everyone!).

Like so many of our colleagues, we are continuing to be available for those who need our support. We, as agencies, are trying to stay in touch so we know what is available for those who need help.

I am so sorry for the events that we have had to cancel: the Spring Symposium, the Older Adult Expo, workshop plans, and so many other things. It was going to be a very busy spring but events had to be cancelled.

I am sorry for the many other programs and events that had taken so much work that had to be cancelled or postponed.

Like so many other people, I wonder what our "New Normal" will be. I wonder how we will return to our work sites.

Leslie Meyer-Miller, MSSA, LSW, CPCC, has offered on line support, and has a caregiver support group that "meets" on Tuesday morning. Check out Leslie's webpage:

www.passageinsights.com. Her contact information is listed. If you are interested in Leslie's support group, reach out to her for more information. She also offers a support group for all healthcare workers.

Do not hesitate to reach out to me! I will do the best I can to assist you, and to get you the information you need.

Akoegler1995@gmail.com
www.altenheimcommunity.com

If you need to get a message to me, call the Retirement Community at 304 242-3340 and ask Mr. Dakovic to send me a message.

- I fervently hope and pray that those who are working so tirelessly will develop a vaccine and a treatment. SOON.
- I pray that each of you will work on self-care and find peace.
- I hope and pray that we will be together again soon.

This is a most challenging time. My prayers are with all of you as we face these challenges together.

Stay safe. Be well. Wash your hands. Wear a mask. Maintain your distance.

RESOURCEFUL THINKING

We will be suspending snail mail copies of *RESOURCEFUL THINKING* which was a decision that had been made prior to the pandemic. Our newsletter will be available through email or on our website. If you would like to receive an emailed copy, please let us know. If you would like removed from the mail list, please call me at 304 243-0996 or email me at akoegler1995@gmail.com and your name will be removed. You can also access our newsletter on the Altenheim website at www.altenheimcommunity.com.

Let us be

Your Gateway to Care for Older Adults!

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