



September 11, 2026

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

Today is a date that many of us remember. It is a date – hard to believe it was a generation ago - that we sit back and think about where we were and what we were doing when we heard that our country was under attack. Stop for a moment. Remember the thousands who lost their lives, their families and friends, and the first responders who gave no thought to their safety with many sacrificing their own lives. Remember those whose lives were cut short by lingering health issues and those who continue to carry physical and emotional scars. Remember the unity of our country during that time. Just stop for a moment. And remember.

History of Benefits for Older Adults

This month's Deeper Dive will take a look at how benefits have evolved from the 1930s. Volunteer Editor Jeanette Wojcik will take a look at the history of benefits for older adults from 1930 until the present day in Part 2 of the History of Benefits for Older Adults in the September Deeper Dive. The first article was very interesting and offered a lot of 'rabbit holes' to explore online!

Preparing for Our Older Years

There are many things to consider. Legal documents such as Medical Power of Attorney, Living Will (in my opinion, anyone of legal age needs to complete a Medical Power of Attorney and Living Will), Durable Power of Attorney, and a Will need to be completed. Do you need an inventory of your assets and liabilities? Can you maximize your assets? Where are your important documents kept? Do you need to make financial decisions regarding long term care? There are also personal decisions such as daily health, home safety, and emotional security factors. These are only a few things to consider. [Check our website](#) under Senior / Caregiver Resources and Referrals (Helpful Information) for "How Do We Prepare for Our Older Years?" and "How Do We Stay Independent As We Age?" for more information.

Parkinson's Disease

Did you know these facts about Parkinson's? *The cause is unknown, and there is no cure. Research is on-going regarding the correlation between [Parkinson's and Paraquat](#), an insecticide now banned in several countries. *No two people have the same exact same symptoms. *Non-movement symptoms can be more troublesome than movement symptoms. *Exercise can help manage Parkinson's symptoms. Learn more about the disease, research, support groups and more at the [Parkinson's Foundation of Western Pennsylvania](#). You can also learn more at the Parkinson's Disease Awareness Seminar on September 25. See the details under "Upcoming Programs and Events" in this newsletter.

Are Your Ears Ringing?

Could it be tinnitus? According to BrainHealth.com, "[tinnitus](#) gets its name from the Latin word for "ringing." It can also sound like buzzing, hissing, whooshing, or chirping crickets. Most of the time, the sound is caused by errors in the brain's auditory system." But – not all ear noises are tinnitus. A whooshing sound may be pulsatile tinnitus which could indicate something with the vascular system. Meniere's Disease is a chronic inner ear disease. [Vestibular paroxysmia](#) is caused by irritation of the eighth cranial nerve. [Labyrinthitis](#) is a type of inner ear infection. The labyrinth, a part of the inner ear responsible for hearing and balance gets inflamed.



Social Security Funding

The July/August 2026 AARP Bulletin writes in the article “Social Security Funding Crisis Looms, Say Trustees” that “the trust funds that help pay for Social Security will be depleted in 2034 unless Congress acts to provide more funding for the program...”. Medicare trustees reported that the fund helping to pay for Part A (includes in-patient hospital stays) will be falling short for payments by mid-2033. Congress last made changes to Social Security’s financial structure in 1983. Consumers can [contact their lawmakers](#) regarding their concerns.

Property Wholesalers

“What is a property wholesaler?” you may ask. A property wholesaler is a company that buys a purchase contract for a property possibly for less than it’s worth, then sells the contract at a higher price. Homeowners are promised quick, easy transactions but receive less in equity than the property is worth. It may not be quick or easy, and, most likely, not in your best interest. You may see signs on the road “We want your home” or “Cash for houses” or the like. Explore your options before contacting or signing with one of these companies. Be an informed consumer and don’t get scammed!

Upcoming Programs and Events

September 24, 2026

A Visit from the Social Security Administration

11:30am – 12:30pm

Family Service Upper Ohio Valley (Ohio County Senior Center), 2200 Main St, Wheeling WV

Presenter: Kimberly Stephens, Social Security Public Affairs Specialist

Learn about retirement benefits, survivors’ benefits, Medicare, My Social Security account, and more!

September 25, 2026

Parkinson’s Disease Awareness Program

2:00 pm – 3:00 pm

WVU Medicine Wheeling Hospital Auditorium A

Speakers: Dr. Rebecca Barnes (Neurologist), Kayla Mullen (Physical Therapy), Joe Slavik (Director, Howard Long Wellness) and Mary Coleman & Cassie Queen, Social Services, Connected Care Resources
Free & Open to all who are interested

Call 304 232-2350 ext 105 for information

[There will be no Parkinson’s Support Group meeting in September due to the Parkinson’s Disease Awareness Program]

October 2, 2026

Holiday Wreath class

10:30am – 11:30am

Family Service Upper Ohio Valley (Ohio County Senior Center), 2200 Main St, Wheeling WV

Instructor: Barbara Cole

Fee: \$10.00

Call 304 233-2350 ext 105 to reserve your spot

Class size limited to 10!!

October, 2026

Legal Aid presentation

We are working on details – more information will be available in the October edition of Timely Resources and on our web page



Timely Resources

Support Groups

Myasthenia Gravis Support Group

The Support Group will meet at 1:00 pm on September 26th. Interested persons with MG or their caregivers may call Jay Adams at 304 780-9274 to register or for information.

Wheeling Parkinson's Support Group

The Wheeling Parkinson's Support Group meets on the 4th Friday of the month at 10:30 am at Family Service Upper Ohio Valley (Ohio County Senior Center), 2200 Main Street, Wheeling WV. The next regularly scheduled meeting will be on October 23rd. For more information, call 304 233-2350 x 105.

Alzheimer's / Dementia Caregiver Support Groups

*Harvest Baptist Church, 1207 Covert Street, Moundsville WV, Alzheimer's Caregiver Support Group.

The group meets the 4th Thursday at 5:30pm at the church. For more information, contact Karen at 304 845-0671.

*Opportunities to Shine, First Christian Church (Disciples of Christ), 1343 National Road, Wheeling, 4th Wednesday at 4pm. Contact Sara Alig at sara.alig@westliberty.edu for more information.

Location Change! The Upper Ohio Valley Walk to End Alzheimer's will take place at Wheeling University on Sunday, September 27. Opening ceremony will be held at 1pm and the Walk starts at 2pm. For more information, contact Christina Beck at cbeck@alz.org.

Vaccinations, Boosters, Flu Shots

Talk to your primary health care provider about vaccinations that will benefit you, and check with your insurance plan regarding coverage. This is [the list of recommended vaccinations for adults currently on the CDC website](#). Reports have indicated that those older adults with Medicare who request vaccinations will [still have coverage](#).

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: 1st Thursday at 11am at Senior Services of Belmont County,
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,
starr.decariarx@gmail.com

Harrison County: 4th Wednesday at 3pm at Cadiz Senior Center Starr.decariarx@gmail.com

WEST VIRGINIA:

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

Ohio County Adult Services Coalition: 3rd Tuesday at 2:00pm at the Ohio County Public Library,
52-16th Street, Wheeling Samantha Walters at Samantha.Walters@chs-corp.com

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



Altenheim Resource Services



Timely Resources

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

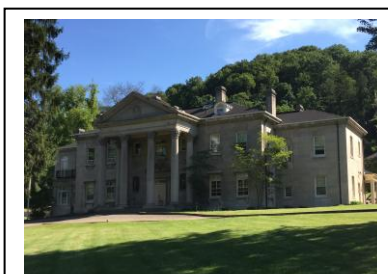
Lawn care, snow removal, general maintenance, general repairs included in monthly rent

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 for over 25 years

Empowering older adults, caregivers, & advocates with information on aging, services, and resources

Free & confidential information

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 with questions about resources and issues concerning older adults and caregiving.

