Altenheim Resource Services

Timely Resources

November 6, 2026

Altenheim Resource & Referral Services Closing

Altenheim Resource & Referral Services will close permanently on December 31, 2026, after 31 years of serving older adults, caregivers, and their advocates. Ann will be retiring after MANY years in social work. It has been an amazing career, and the years with Altenheim have been so very rewarding. I will miss this immensely, as Resource Services has been a huge part of my life. I am especially grateful to our Executive Director, George Dakovic, and the Altenheim Board, who entrusted me with the responsibility of growing the Resource and Referral Services program, and who supported it throughout its tenure.

The final issue of *Timely Resources* in December 2026 will be devoted to resources that will hopefully be helpful.

Thank you to everyone for your support and your assistance. You made my job so much easier.

Now – on to the last 'regular' issue of Timely Resources.

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Retirement

When we retire depends on many factors. What is our financial situation? How is our health? What do we want to do during retirement? Is our house aging-friendly? Although I have considered all these things and sought guidance, retirement is still an intimidating thought. What do I do on a fixed income as prices continue to rise? How do I maximize what I have? What will my purpose be? And, of course, the big realization as I consider all this – I have an expiration date. How long do I need my assets to last? If you need help, consider consulting a financial planner. Here is some additional information to consider if you are thinking about retirement. Maybe we'll meet along the way….

Getting Your Ducks in a Row

Whether we're considering retirement, assisting a family member, or assessing our own situation, it's important to "get our ducks in a row". Where are our important papers? Have we organized our important documents? (Medical power of attorney, durable power of attorney, will, and living will) Have we pre-arranged our funeral? The National Institute on Aging offers Getting Your Affairs in Order to help. Although we often think of the financial and estate planning side of getting our ducks in a row, we may want to take a broader look and consider our life's goals, relationships, and how we can make changes in our personal life and well-being.

Strategies to Improve Memory

Alzheimer's Today (Volume 21, Number 3) offers information presented by Gillian Butler, PhD, and Tony Hope, MD, in Managing Your Mind: The Mental Fitness Guide. Suggestions include *Use it or lose it. Use the information frequently. Associate related people, places or ideas that serve as cues.

*Focus on the project but give your brain a break by stepping away.

*Seeing something familiar can trigger a memory that you can't automatically recall.

*Use mnemonics or memory cues. This is any memory tool or strategy that helps you retrieve information.

Mayo Clinic offers additional tips, including getting enough sleep, managing chronic health problems, and staying mentally and physically active.

Beware of 'The Hasslers'

Do you have a 'hassler' in your life? A 'hassler' is defined by the Proceedings of the National Academy of Sciences as "someone who creates problems or makes life more difficult". Think about your circle – family, friends, colleagues, and other close interpersonal relationships. Do you have a hassler? The research shows that these relationships can cause us to age faster and create other health issues. What can you do to mitigate the damage of a 'hassler'? Dealing with difficult people takes a lot of energy. You can't control difficult people but you can control how you react to them.

Moving Your Loved One Closer to You…or Not

Distance has become more of a caregiving factor as families have scattered throughout the country. So - when your loved one needs more care, should you move them closer to you? A few things to think about: Are primary health care providers available, and do those who are available accept your loved one's insurance? *Where will they live? With you? Independently with assistance? Assisted living? Nursing care facility? Is housing available? Are there rooms in facilities? *What is your loved one's expectation? Include them in decisions, as they are able. There are so many more considerations. Check out the article "Should You Convince Your Aging Parents to Move Closer to You?" It's a big decision for caregivers and care receivers. Explore your options.

Medicare Open Enrollment Continues

Medicare Open Enrollment for 2027 runs from October 15 – December 7, with changes taking effect on January 1, 2027. Read your Annual Notice of Coverage to see how your plan may have changed. Does it still meet your needs? Have questions or need help? Go to Medicare's website or contact your state's SHIP counselor (State Health Insurance Information) for more information. You can reach Elizabeth Blake, the WV SHIP Counselor for the northern panhandle of West Virginia, at eblakewvship@gmail.com.

Support Groups

Myasthenia Gravis Support Group

The Upper Ohio Valley MG Wellness Meetings for the next two months are scheduled for the following dates: November 21 1:00 pm and December 19 12:00 noon

The December meeting will be a holiday luncheon that requires a reservation. It will be held at a restaurant, which will be announced when participants register. For registration, call Jay Adams at 304-780-9274.

Wheeling Parkinson's Support Group

The next meeting for the Wheeling Parkinson's Disease Support Group will be December 11 at 10:30 am at Family Service Upper Ohio Valley (Ohio County Senior Center), 2200 Main Street, Wheeling. For more information, call 304 233-2350 ext 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.

Vaccinations, Boosters, Flu Shots

It's time to think about your annual flu shot! Talk to your primary health care provider about your flu shot and other 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. Contact Stacey for meeting location.
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 Senior Coalition: 2nd Monday at 2pm at the Brooke County Senior Center
corris@valleyhospice.org

Ohio County Adult Services Coalition: 3rd Tuesday at 2:00pm at the WVU Medicine Stone Center, Market Street, Wheeling Samantha.Walters@chs-corp.com

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

All information presented is for educational purposes only. Citations do not indicate an endorsement of the group or product.

Altenheim Retirement Community

Founded 1891

Our cottages are situated adjacent to our Main House at 1387 National Road, Wheeling WV, along Reymann Way and Anton Place

Conveniently located close to medical care, churches, shopping, restaurants, recreation, and easy access to I-70.

- Offering 8 independent cottages for those who are 65 and older
- Two-bedroom, two baths, living room, kitchen room, dining room
- Stove, refrigerator, dishwasher, microwave, washer, and dryer are included
- Lawn care, snow removal, general maintenance, and general repairs are included in the rent
- Utilities are not included
- Gazebo for the residents' use
- 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







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Altenheim Resource Services, a division of Altenheim Retirement Community, will be permanently closing on December 31, 2026.