



April 19, 2022

### GETTING READY FOR SUMMER

Nice weather is rapidly approaching, and I am so ready to enjoy outside activities! According to the [Physical Activity Guidelines for Americans](#), we need about 2 ½ hours of moderate activity a week. Be aware of your health situation, and check with your medical professional for any health concerns. Watch sun intensity while doing outdoor activities. Be sure to stay hydrated, and apply sunscreen for skin protection. [How Older Adults Can Get Started with Exercise](#) from the National Institute on Aging offers more information.

### SUMMER FOOD

What about food? Summer offers opportunities for fresh fruits and veggies, cooking on the grill, and for making lighter choices. There are lots of options on-line and at the library for free recipes. For cookbook junkies, try a local 'pre-owned' bookstore for gently used cookbooks to add to your collection. Support your local Farmers Market or local grower for fresh fruits and veggies. If you have a little space, grow your own veggies!

For summer recipe resources, check out *Timely Resources* on page 3.

### ARE YOU A GARDENER?

Those of us who are gardeners are getting ready to turn the soil, plant the plants, fertilize, water, water, water, and watch. You can grow veggies on a plot of land, in bushel baskets, or in other containers. (I grew green beans, cucumbers, tomatoes, and peppers in bushel baskets, and had an amazing yield!)

Gardening is relaxing, and therapeutic gardening has long been a focus in long term care and assisted living, with an emphasis on raised beds and containers. Learn more about gardening as a [therapeutic modality](#).

You can start seeds or get young plants at your local greenhouse, Co-Op, flea market, mail order, or any number of sources. . If you're new to gardening, the Old Farmer's Almanac offers [information for beginning gardeners](#). Maybe you prefer flowers. Here's information on [starting](#) your flower garden.

I will pass on information that my grandmother (who could grow ANYTHING!) always told me: Don't plant before Mother's Day!

Get your rototillers ready and Happy Growing!

### TAKING CARE OF OUR BODIES AND OUR BRAINS

We need to watch what we put in our bodies. Neurologists have recommended following a Mediterranean diet, and a Johns Hopkins article tells us to "[Take Your Diet to the Mediterranean](#)". A Mayo Clinic e-zine article features the article "[Improve Brain Health with the MIND diet](#)", a '[hybrid of the Mediterranean and DASH diet](#)'.

We know we need to keep moving, we need exercise. We also know we need to exercise our brains. "[Fitness Isn't Just Physical: The Importance of Exercising Your Brain](#)", an article by Denise Russo on Forbes.com reinforces the importance of exercising our brains as well as our bodies. Crossword puzzles, word search, sokudo, and games such as Trivial Pursuit and Scrabble put our brains to work. Healthline.com offers "[13 Brain Exercises to Keep You Mentally Sharp](#)" with suggestions on keeping our brains active.



**SCAM NEWS**

**Cryptocurrency Scam**

A reader contacted me to let me know that the link for the cryptocurrency scam in the March Timely Resources didn't work. With my apologies, here is information on [cryptocurrency scams](#) from the Federal Trade Commission.

**Contractor Scams**

Tis the season for home repairs and home remodeling. Be very careful about who you hire. Check licenses and insurance, and don't be pressured to make a quick decision. Get more tips with the AARP article on [home repair scams](#). Contact the Consumer Protection Division at your state's [Attorney General's office](#) to report a scam.

**Internal Revenue Service Scams**

Our federal and state income taxes were due on April 18, 2022. Some folks owe. Some don't. Regardless, most of us will receive the call saying that we better pay up or they will come to get us. The IRS doesn't work this way. If you get one of these calls, don't answer the phone. If you answered, hang up. Do not send money. Do not provide personal information. The [Internal Revenue Service](#) offers tips on how to know if the contact is legitimate. If you have questions about your tax status, contact your [local IRS office](#).

**Grandparent or Emergency Scam**

"Grandpa (or Dad), I need help" may be the way these scams start. They claim to be a family member in trouble and they need money. Stop and think. Don't panic. Ask for the family code word. (If you don't have one, create one with your family to be used in 'emergencies' like this.) Call your loved one. Read about these scams on the [BBB website](#).

**UPCOMING EVENTS**

**April 28, 2022**

"Homelessness in the Ohio Valley"; Free; 2:00pm – 4:00pm; Weirton Medical Center, in-person workshop. [Register here](#).

**May 3, 2022**

Belmont County Senior Support Fair (formerly the Caregiver Support Fair and the Older Adult Expo); Ohio Valley Mall; 10a – 3p; free community event

**May 4 – 6, 2022**

The NASW WV Spring Conference will be held virtually May 4-6, 2022. You can register for the conference at the NASW [website](#).

**May 17, 2022 & May 24, 2022**

"Age Your Way: Powers of Attorney both Medical & Financial"; 11:30a – 12:30p; Family Service-Upper Ohio Valley & WV Senior Legal Aid; Workshops for WV consumers; contact Paula at 304 233-2350 ext 105 to register; free community event

**June 23, 2022**

"End of Life Ethics"; 1 CEU for social workers (Approval pending from WV Board of Social Work); 9am – 10am; Fulfills requirement for WV Social Work Ethics requirement; Professional; Free. Contact Sarah Barickman at [sbarickman@carechapel.com](mailto:sbarickman@carechapel.com) for registration information.

**WITH OUR SYMPATHY**

*Linda Bunn*, AARP WV Associate State Director for Outreach, for over 12 years died Wednesday, March 23, 2022. Linda also served as program specialist with the AARP Foundation's Senior Medicare Patrol Project and the Benefits Quicklink programs in WV. We will miss Linda's voice & advocacy, her support, and her knowledge. Our prayers are with Linda's family and loved ones.



## Timely Resources

### Summer Recipes

[Pinterest](#) has a lot of summer recipes, and for more ideas go to:

[Taste of Home](#) Summer Recipes \*\* [Old Farmers Almanac](#) Summer Recipes \*\* [WVU Extension Office](#) Summer Recipes \*\* [Ball Canning](#) Recipes

### Summer Activities

We can look forward to Farmers Markets, outdoor events, free concerts in the parks, golf, swimming and picnics. Here are resources to connect with [your local Chamber of Commerce, Business & Convention Bureau](#), and / or [Tourism council](#).

[Wheeling Convention Bureau](#) has information on events around the Wheeling area. There are free concerts at local parks offered by the City of Wheeling. (An event guide is projected to be out in June.) Oglebay Resort also offers [concerts](#). Information on Belmont County events is available at [Belmont County Tourism](#).

Gas prices may make us curtail longer trips but there are lots of day trip destinations. This [website](#) will give you ideas of places of visit. You can subscribe to locations of interest.

You can find the least expensive gas prices with apps like [Gas Buddy](#) (for iPhone, android and Windows Phone). Other apps are available as well.

### Brain Games

[Miriam - Webster](#) offers a Word of the Day on their website, and there are several other places to explore on the site such as Ghost Words, Words Associated with Food, and many others.

[Pinterest](#) is another resource for 'mind exercises'.

Forbes.com talks about "[Brain Exercises That Work](#)". Use keywords "mind games", "brain puzzles", "brain teasers", "brain exercises" or others to browse for resources that fit your needs!

### Scams

Read about more scams in these [articles](#) that have been posted on [LEDE News](#).

### Food Giveaways

Check [here](#) for the Mountaineer Food Bank schedule for West Virginia. There is a giveaway scheduled for April 27 at 4 Seasons Pool in Moundsville, and June 22 at Wheeling Island Casino. Get details at the website.

The Marshall County Family Resource Network (FRN) offers [a resource list](#) of food resources for their area.

You can find Ohio food distribution locations [here](#).

### General Information

The [National Institute on Aging](#) offers information on many areas of aging, and also offers booklets and other publications.



**OTHER:**

**Vaccination Information Available**

On Tuesday March 29th, the [US FDA authorized a 4<sup>th</sup> dose](#) of the Moderna or Pfizer covid vaccines for adults 50 and over. Read more about the [CDC recommendations](#), and talk to your health care professional about what's right for you.

Covid vaccines and boosters are widely available most for age groups.

Check out [West Virginia availability here](#). Check out [Ohio availability here](#).

**Local Adult Service Coalitions**

Adult Service Coalitions offer networking, educational & service opportunities for professionals who serve older adults. Meeting dates, times, and contacts are listed below.

OHIO

Belmont County: 1<sup>st</sup> Thursday at 11am [akoegler1995@gmail.com](mailto:akoegler1995@gmail.com)

Check out our Facebook page. (It's still a work in progress.)

<https://www.facebook.com/Belmont-County-Adult-Services-Coalition-101420618997718>

Guernsey County: 3<sup>rd</sup> Wednesday at 3pm [Stacey.clark-frame@altercareonline.net](mailto:Stacey.clark-frame@altercareonline.net)

Jefferson County: 3<sup>rd</sup> Thursday at 3pm [starr.decariarx@gmail.com](mailto:starr.decariarx@gmail.com)

Harrison County: 4<sup>th</sup> Wednesday at 3pm [tblanchard@iccare.com](mailto:tblanchard@iccare.com)

WEST VIRGINIA

Brooke / Hancock County: 2<sup>nd</sup> Monday at 3pm [tblanchard@iccare.com](mailto:tblanchard@iccare.com)

Ohio / Marshall County: 2<sup>nd</sup> Wednesday at 2pm [pcalvert@fsuov.com](mailto:pcalvert@fsuov.com)

**Hiring**

There are many options for those seeking employment. Here are a few:

- [IC Care](#): Experienced in-home caregivers
- Family Service-UOV: drivers, in home caregivers. Contact Paula Calvert at [pcalvert@fsuov.com](mailto:pcalvert@fsuov.com)
- [Good Shepherd Nursing Home and The Welty Home](#): Nurses, aides - contact HR at 304 242-1093
- [Country Club Rehabilitation Campus](#)
- [West Virginia Northern Community College](#)
- There are openings at regional hospitals:
  - [WVU Wheeling Hospital](#)
  - [WVU Reynolds Hospital](#)
  - [East Ohio Regional Hospital](#)
  - [Weirton Medical Center](#)
  - [Trinity Health Care System](#)
- Many local businesses are hiring: Menard's, Kohl's, TJ's, Taco Bell, Perkins, Oglebay, Kroger, Riesbeck's, Wal Mart, Dairy Queen, Wendy's, Panhandle Cleaning, Wheeling Island Casino, and others.

*\*\*Mentioning a product or business is not an endorsement of that product or business but is for informational purposes only.*



Timely Resources

Altenheim Retirement Community

Altenheim Retirement Community  
130 years of housing for older adults  
1891-2021

Over 130 years of caring

Altenheim Retirement Community is located behind our Main House at 1387 National Road, Wheeling along Reymann Way and Anton Place. We are close to medical care, churches, shopping, restaurants, groceries, and Wheeling Park which offers various activities including summer concerts.

Offering 8 cottages for independent women, men, and couples 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, and general repairs are included in monthly rent  
Utilities are not included.

We are accepting applications!

Contact George A. Dakovic, Executive Director at 304 281-8797 or [gam.dakovic@gmail.com](mailto:gam.dakovic@gmail.com).



Altenheim Resource Services

Altenheim Resource Services, a division of Altenheim Retirement Community

Offering information on aging, services and resources for older adults and caregivers 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](mailto:Akoegler1995@gmail.com)

<https://www.altenheimcommunity.com>

Information on Altenheim, 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.

