



July 2, 2021

Information on Alzheimer's Drug Approval from Pittsburgh ADRC

The UPMC Alzheimer's Disease Research Center in Pittsburgh has a [FAQ page](#) on the newly approved aduhelm™ (aducanumab) for the treatment of Alzheimer's disease as well as many other articles and resources on dementia. There is also information on clinical trials and other ADRC programs.

Doctors Speak to Aduhelm™ Approval

The TribLive's article "[Pa advocates optimistic about new FDA-approved drug; doctors mixed on whether it will work](#)" (June 14, 2021, Natasha Llnstrom) offers several Alzheimer's disease professional's views on the newly approved drug.

Research Opportunities at UPMC ADRC

The University of Pittsburgh's Alzheimer's Disease Research Center is in need of participants for research studies. Contact the Center at 412 692-2721 or email oakleym@upmc.edu for information on opportunities.

Caregiving in the Remarried and Stepfamily Context Webinar

The American Society on Aging and Right at Home are offering a webinar on July 20, 2021 at 1pm. The webinar will provide information on the family dynamics of blended families. Information and registration are available on the [American Society on Aging website](#).

Summer Safety

Pay attention to summer safety! It's easy to get dehydrated when working outside. Make sure to drink plenty of water. When grilling, make sure your grill is away from siding, deck rails, and eaves, and don't leave your grill unattended. Watch out for pets, and bring them inside. Make sure they have plenty of water. Remember – they're wearing a fur coat. The [National Safety Council](#) offers tips to help us enjoy summer safely.

It's Really HOT Out There!

Pay attention to the symptoms of heat exhaustion and heat stroke! Heavy sweating, nausea, headache, dizziness, and confusion are only a few of the symptoms. Stay hydrated. Don't work in the heat of the day. Pace yourself. Do NOT leave children or animals in your car!!! [The Centers for Disease Control and Prevention](#) offers tips for extreme heat safety.

Scam Awareness

It seems the Grandparent Scam is making the rounds again. [The WV Attorney General's](#) Consumer Protection Division recently received reports of the scam circulating in the state. Word of the scam often surfaces during vacation season and as students head off to college. For more information and tips on not getting scammed, click on the link.

Support Groups

Do you think a support group would help but you can't get out or are still reluctant to mingle? Several support groups are virtual. Organizations such as the Alzheimer's Foundation offer online support groups. There are support systems available on social media. DO be careful. Don't share too much information. Just as there are people who need support in these groups, there may also be people who want only to take advantage of others and scam them.



Affordable Housing for Patients & Families

There is low-cost housing in Pittsburgh for families and caregivers, and for patients who are being treated at a Pittsburgh medical facility. The rates are low, they offer a Grab N Go Breakfast, there is a communal laundry, a full communal kitchen, and shuttles. [Family House](#) offers clean, comfortable private rooms with cable, and provides linens. Three houses serve the Pittsburgh area.

Arden Courts Offers Webinars

Arden Courts specializes in memory care for those with dementia. As part of the services they offer, Arden Courts has webinars on dementia and related issues that are free and open to everyone. Check out their archived events on the [Events web page](#). The webinars are interesting, and helpful to the family caregiver as well as the professional caregiver. Dr. Tam Cummings has provided several excellent programs. Other renowned presenters include P.K. Beville (Second Wind Dreams) and Teepea Snow (Practical Approach to Care).

Belmont County Adult Services Coalition

The Belmont County Adult Services Coalition does not meet in July. We will resume after our summer break in August. Details will be provided closer to the meeting date.

Vaccination Information

Covid vaccines are widely available for all age groups. Check out [West Virginia availability here](#). Check out [Ohio availability here](#). Vaccinations have been a part of our lives for decades. Polio, small pox, mumps, measles, rubella, pneumonia, shingles, and our annual flu shots have been normal medical precautions for school age children, adults, and older adults. Read about the Covid vaccines. Talk to your primary care doctor. Vaccinations are free. Make an informed decision about your health.

Wearing a Mask

The CDC recommends we still wear a mask indoors. Health facilities, air planes, and some others are still requiring a mask. Check out the [Centers for Disease Control standards](#) so you can make the decision that is right for you and makes you feel most comfortable. The site also shows the correct ways to wear a mask.

Check out these *Timely Resources*

Resources to use and share

ReadyWV

[ReadyWV](#) is a communications campaign and an online tool that helps West Virginians know what to do before, during, and after an emergency. Also offers tips on seasonal safety.

American Red Cross

The American Red Cross offers tips on safety and disasters. Check out the [Red Cross website](#) for information on safety, disasters, and services that are provided.

Lede News

Ohio Valley news that you can check out on Facebook or online. The site has a lot of content that includes news, local interest stories, scam information, and much much more. [Lede News](#) creator Steve Novotney also airs podcasts with interviews that cover local and state interests from many perspectives.



Timely Resources

Altenheim Retirement Community

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

Offering 8 independent cottages for 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, general repairs included in monthly rent.
Utilities are not included.
George A. Dakovic, Executive Director 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
Ann Koegler, M.A., L.S.W., Resource Services Coordinator 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.

