



October 12, 2026

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

It's Time for Medicare Open Enrollment!

Medicare Open Enrollment for 2027 runs from October 15 – December 7 each year. You can change your Medicare Advantage Plan, change your Part D prescription drug plan, change how you get coverage such as switching from Original Medicare to a Medicare Advantage Plan or from a Medicare Advantage Plan to Original Medicare. Changes will take effect on January 1, 2027. 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 Blakke the WV SHIP Counselor for the northern panhandle at ebalakewvship@gmail.com.

It's Time for Scams Relating to Medicare Open Enrollment!

Open Enrollment offers an opportunity for beneficiaries to change their Medicare plans. It also offers scammers a time to try to take advantage of people. Scammers will try to get you to divulge your Medicare number, your Social Security number, your existing plan numbers – any information that would enable them to take advantage of you. Be aware that there are [rules regarding marketing](#) that legitimate agents and brokers must follow. Don't answer the phone or hang up if you have answered. Don't click on any links or call any numbers. Don't provide any personal information. Contact [your SHIP counselor](#) for assistance with questions.

Breast Cancer Awareness Month

We associate breast cancer awareness with the color pink. We wear a pink ribbon, the fountain at Point State Park in Pittsburgh is colored pink for the month, football players wear pink gloves or shoes, and pink t-shirts support local efforts and awareness. Don't stop with "being aware"! Be proactive. Do self-exams monthly – women and men! Although breast cancer is most prevalent in women (1:8 women will have breast cancer), it is NOT just a woman's disease. Stop reading right now and schedule your annual mammogram!

Vote! Vote! Vote!

Vote.org can help with several aspects of voting including [ballot information](#), [registering to vote](#) (including jumping directly to your state's information), and checking your voter registration. There is information on registration deadlines for your state as well. Voting is an important right. It's easy to think that our vote doesn't matter. But it DOES matter. Your voice matters. [Originally the right to vote](#) was state-regulated and restricted generally to white male land-owners. Some states imposed a religious qualification of "Christian white men". The right to vote was a hard-fought issue in many states for groups such as women, blacks, and native Americans. Get out and vote with respect knowing that a lot of sacrifices were made for us to have this opportunity. Who best represents you and your values? Who do you think will improve your quality of life? Your voice does matter. Exercise your right to vote!



Ageism or “You Don’t Look Your Age”

How is this age supposed to look? I’ve never been this age before! Ageism refers to the stereotypes, discrimination, and prejudice we see toward others based on age. We see this in the business world, in healthcare, and in our language. The workplace may exhibit ageism by assuming that older workers are slow, can’t learn, should retire, and are of little value. We also hear that younger adults lack maturity and are lazy. You may have been dismissed with the new derogatory diss “Ok Boomer” or the younger person may have heard “What do you know? You’re just a kid.”. Ageism isn’t just for older adults. Our volunteer editor Jeanette Wojcik will tackle the topic of Ageism in this month’s Deeper Dive.

Disaster Preparedness

Prepare for the worst and hope for the best is a way to look at disaster preparedness. Think about keeping documents safe, arranging a meeting place for family, knowing where shelters are, and more. The United Way has prepared an information sheet [“Five Simple Steps to Start Now”](#) that will help you organize your thoughts. There are [disaster preparedness events being held across the country](#) so consumers can learn how to be ready. The West Virginia United Way is partnering with AARP WV to present WV Prepares Disaster Preparedness Programs [across the state](#). (You can register for the location near you at this page.) These free programs will offer a disaster bag, raffles, and will cover how to prepare an emergency kit and offer information on securing documents and finding resources. The Wheeling event will be held on October 22 at WV Northern Community College from 5pm – 6:30pm. There is no charge to attend!

Parkinson’s Disease Awareness Program Thank You

Altenheim Resource Services and Family Service Upper Ohio Valley would like to thank WVU Medicine Wheeling Hospital for their partnership in presenting the Parkinson’s Disease Awareness Program on September 25th. Thank you to all of our presenters – Dr. Rebecca Barnes (neurologist), Jeremy Stolirchik (Manager, Howard Long Wellness Center), Kayla Mullen (Physical Therapist, WVU Medicine Wheeling Hospital), Mary Coleman, Cassie Queen (Social Workers, Connected Care WVU Medicine Wheeling Hospital), and Seth Keller (Speech Therapist, WVU Medicine Wheeling Hospital). We hope we are able to continue offering programs for the community in partnership with WVU Medicine Wheeling Hospital!

Upcoming Programs and Events

October 29, 2026

10:30am – 11:30am Legal Aid of West Virginia – How Can Legal Aid of West Virginia Help Me?

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

Join us for this FREE presentation by Kira Maunz, Attorney at Law, Legal Aid of West Virginia. Legal Aid of West Virginia offers assistance to eligible West Virginians for civil matters that include housing issues, credit issues, Veterans concerns, Kinship Care, and more. Cosponsored by Altenheim Resource Services and Family Service Upper Ohio Valley. Questions? Call 304 233-2350 ext 105.

Support Your Local Senior Center

Our county senior centers offer many services and opportunities for our area’s older adults. In-home assistance, meal services, transportation, and activities. Senior centers can use employees, volunteers, and donations for activities or for area seniors in need. The Ohio County Senior Center can use yarn for the Crochet Club and cleaning products. They also need in-home caregivers. Call 304 233-2350 ext 105 for more information on how you can help the Ohio County Senior Center or to apply. Live in Belmont County? Contact Senior Services of Belmont County at 740 695-4142. Do you need to know where your county senior center is located? Call your [Area Agency on Aging](#).



Support Groups

Myasthenia Gravis Support Group

The Support Group will meet at 1:00 pm on October 24th. 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 with guest speaker Josh Border, Clinical Pharmacist with Moundsville Pharmacy. 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.

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 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 baths, living room, kitchen room, dining room

Stove, refrigerator, dishwasher, microwave, washer and dryer are included

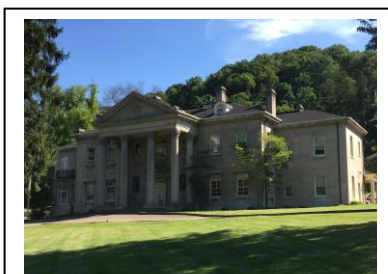
Lawn care, snow removal, general maintenance, general repairs included in monthly rent

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 30 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.

