



July 13, 2021

### **West Virginia Wellness Programs**

West Virginia Wellness Inc.'s mission is to provide education about Complementary, Holistic, Alternative and Integrative Medicine so consumers may live a longer, healthier, pain-free life. They offer a virtual Life Lecture Series with several free programs throughout the year that focus on consumers' well-being. On Thursday, July 15 from 6:30pm – 8:00pm, Rhonda Grundy, CNC, will talk about "What We Eat Can Ruin Our Skin – and Health!". For more information on the 2021 Life Lecture series and Zoom links, or for more information on West Virginia Wellness Inc., email [westvawellnessinc@gmail.com](mailto:westvawellnessinc@gmail.com) or contact them through the [Facebook page](#).

### **Caregiving and Step-Family Webinar Reminder**

Just a reminder about this free webinar that will address the challenging dynamics of caregiving when there is a blended family. The webinar will be held on July 20, 2021 at 1pm, and is co-sponsored by the American Society on Aging and Right at Home In-Home Care. You can register [here](#).

### **Communication in Dementia Webinar**

Arden Courts offers another of their series on dementia with guest speaker Dr. Tam Cummings. The webinar will be presented on Thursday, August 5, 2021 from 11am – 12:15pm. Register at <https://tinyurl.com/brcfvxxe>. Visit the [Arden Courts website](#) for archived webinars.

### **Behavioral Health Training Series with Free CEs**

Marshall University and the WV Department of Health and Human Services' Behavioral Health Workforce & Health Equity Training Center will be offering several programs with free Continuing Education Credit. The virtual training opportunities will highlight evidence-based practices, skills, and knowledge to promote behavioral health workforce excellence and address healthcare equity, and are designed to raise awareness and offer suggestions on how to improve equity, outcomes, and accessibility to services. For more information, go to the [WV Behavioral Health Workforce & Health Equity Training Center's website](#).

### **Two Walks for Alzheimer's**

There will be two events to support Alzheimer's disease coming up in August. One will be hosted in Winterville in Jefferson county (August 6) and one in Martins Ferry in Belmont county (August 13). For registration information (team and individual) and for sponsorship opportunities, contact Tate Blanchard at [tblanchard@iccare.com](mailto:tblanchard@iccare.com).

### **Support Group**

[C3 Church](#) has a support group for those with cancer, survivors, and their families. Path of Grace Cancer Support Group will meet on Wednesday, July 21 and runs from 6pm – 7:30pm. For information, contact C3.

### **Medical Equipment for Loan**

[Faith in Action Caregivers](#) in Wheeling has gathered equipment for those in need in our area. If you know anyone that might need canes (single and quad), folding walkers, a potty chair, or a shower chair, please contact Yvonne Verno at [yverno@fiacwhg.org](mailto:yverno@fiacwhg.org). Check with Yvonne to see if Faith in Action will accept your gently used equipment.



### **Helping Heroes Has Moved**

[Helping Heroes Inc](#) has closed their Moundsville office and has totally moved into the 2<sup>nd</sup> floor of the old OVMC Hillcrest building. They offer assistance to veterans who are homeless or are at risk, and provide case management, financial assistance, transitional housing, and a shelter. They have a food and toiletry pantry available for veterans in need.

### **Utility and Housing Rental Assistance**

There are several local agencies that may be able to help consumers in need of utility or housing rental assistance. Possible options include:

\*[Mountaineer Rental Assistance](#) program or [BelOMar Regional Council](#) (Marshall & Wetzel counties) have information on eligibility requirements.

\*Salvation Army (Wheeling: 304 233-4400) (Moundsville: 304 845-0510) ([Bellaire](#): 740 676-6225)

\*Catholic Charities WV: 888 900-2989

\*[Community Action Commission of Belmont County](#): 740 695-0293

\*[Change Inc](#) offers assistance and various services. The link gives information on locations and how to contact the office in your area.

\*[Information Helpline](#) at 304 233-6300.

### **Vaccination Information Available**

Covid vaccines are widely available for all age groups. Check out [West Virginia availability here](#).

Check out [Ohio availability here](#).

### **Getting Help for Mental Health Issues**

HuffPost.com has an article in their Wellness section titled [“5 Mental Health Conditions That are Way Underdiagnosed”](#) that is worth a read. These are challenging times. The pandemic, isolation, the changes in our work zones, changes in employment, and societal upheaval are only some of the factors that impact mental wellness. Check out the *Timely Resources* section for more resources on mental health.

### **Phone Scams**

Although many scammers “ghost” phone numbers making us believe that it’s a family member, government agency, or familiar business, some numbers show their source of origin. Be aware of the area codes that signal a possible scam. Two frequently used numbers are 809 (Caribbean origin) and 473 (Grenada). Check out the article from [Readers Digest](#) that talks about out-of-the-US area codes that you need to watch. If you don’t know the number, don’t answer the phone. If it’s important, they’ll leave a message.

### **Another Phone Scam Warning**

Consumers also need to be careful not to say “Yes” if the scammer catches you on the phone. They may say “Can you hear me?” Your reply of “yes” may be recorded and used for answers in security recordings. Never say “yes” – ever. Just hang up.

### **Want to Save Some Money?**

Those over 65 may be eligible for free eye care. Contact the American Academy of Ophthalmology’s [Eye Care America](#) program for information. Anyone may find free stuff on Facebook in a Buy Nothing group, or anyone can shop in the Amazon Warehouse which may offer better prices on pre-owned products. Check out the article [“99 Great Ways to Save”](#) in the July/August 2021 AARP Bulletin for more ideas. (The article was the source for these teasers.)



### **CMS Special Enrollment Period**

The Special Enrollment Period for health care runs through August 15 giving consumers the opportunity to sign up for coverage. For more information, go to the press release on the [CMS website](#).

### **Check out these Timely Resources**

Resources to use and share

\*[Brain & Life](#)® (magazine and e-zine) offers information on many areas of brain health, brain wellness, and brain issues. You can get a free online subscription or a free print subscription.

\*[Today's Geriatric Medicine](#) offers information on aging issues.

\*AARP has just published a [study on caregiving out-of-pocket expenses](#). Read how caregiving impacts West Virginia caregivers in this [article](#).

\*[NAMI](#), the National Alliance on Mental Illness, has numerous resources on mental health.

\*[NAMI Greater Wheeling](#) WV serves the area with support groups, information, events, and resources.

\*The [National Institute of Mental Health](#) is a federal agency for research on mental health disorders, and offers information on numerous *Healthtopics*.

\*The [Substance Abuse and Mental Health Services Administration](#) (SAMHSA) is the agency within the Department of Health and Human Services that provides information and resources on behavioral health.

### **Need a job? These agencies / businesses are hiring!**

The hiring section will be in once a month.

\*[Family Service-Upper Ohio Valley](#) – hiring in several departments:

In home caregivers - several people needed- immediate interviews- Quarterly bonuses

Nutrition driver - immediate interviews- Quarterly bonuses

Nutrition/ client driver - immediate interviews- Quarterly bonuses

Contact <https://www.facebook.com/FamilyServiceUOV> or call 304-233-2350 x105

\*[Good Shepherd Nursing Home / The Welty Home](#) – hiring RNs, LPNs, CNAs. Contact Randy Forzano at [rforzano@weltyhome.org](mailto:rforzano@weltyhome.org)

\*[IC Care Home Care](#) - hiring experienced home caregivers. Contact Tate Blanchard at [tblanchard@iccare.com](mailto:tblanchard@iccare.com)

\*[Interim Health Care](#) – hiring full time RNs with up to \$10,000 sign on bonus; hiring PRN RNs. Contact Karen Craig at 740 635-0045.

\*[Right at Home](#) – hiring home caregivers. Contact April Wintermoyer-Sims at [april@rahcares4u.net](mailto:april@rahcares4u.net)

\*[Visiting Angels](#) – hiring home caregivers. Hiring bonus and referral bonus for caregivers who refer a friend. Contact Melissa Evick at [melissae@visitingangelswv.com](mailto:melissae@visitingangelswv.com)

\*[WV Birth to Three Program](#) – hiring Coordinator for Wood County WV. Contact Susan Watson at 304 282-8554.

\*Appalachian Outreach – data entry and someone to assess home damage. Contact Rose Hart for details at 304 830-5197 or go to [Appalachian Outreach](#).

### **Special Needs**

[Appalachian Outreach](#) is working on flood recovery in Cameron WV after the area suffered severe damage. They need volunteers who are willing to help with cleaning, painting, and dry walling when they get to that phase of the recovery. Contact Rose Hart for more information at 304 830-5197.

[Helping Heroes Inc.](#) is looking for window air conditioning units. If you can help, contact Darren Cofer at 304 232-0114.



Altenheim Retirement Community

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



*Altenheim Retirement Community is located behind our Main House at 1387 National Road, Wheeling.  
Close to medical care, churches, shopping, restaurants, groceries, and other conveniences.*

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](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

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.**

