



January 7, 2022

### **New COVID Scam in WV**

The WV Department of Health & Human Resources has issued a [warning about a new scam](#). Emails are directing potential scammers to click on a link to validate their driver's license with vaccine status. Do not click on any links and delete the email.

### **NASW West Virginia Spring Conference – Save the Date**

The NASW WV Spring Conference will be held virtually May 4-6, 2022. You can stay up-to-date on the conference, and get information as it's released on the WV NASW [website](#).

### **What Can Your SmartPhone Do?**

An article in the December 2021 AARP Bulletin notes that Smartphones are the “Swiss Army knives of technology”. The [article](#) notes several capabilities for users that are in the phone already or are available through downloads in the app store of your choice. Library access, a restroom finder, and a document scanner are just a few of the uses.

### **Are You on Warfarin Therapy?**

Warfarin (Coumadin®), a blood thinner, is prescribed to prevent blood clots. Warfarin levels are measured through INR or International Normalized Ratio levels to ensure it's being used appropriately and dosages are correct. This often means getting lab work done on a regular basis. The FDA offers information on [home monitoring units](#) that can save trips to the lab. Check out the information, and talk to your health care provider to see if this is right for you, if you qualify, and if it's covered by your insurance.

### **What's Coming in the Mail?**

The US Postal Service offers a service called [Informed Delivery](#) with which you can digitally preview your mail and manage your packages. Informed Delivery lets you view greyscale images of the exterior, address side of letter-sized mailpieces that are to be delivered. The service is free.

### **Get Your Eyes Examined**

Did you know that glaucoma is the 2<sup>nd</sup> leading cause of blindness in the world and the leading cause of blindness in African American and Hispanic populations in America? [Today's Caregiver](#) tells us that our annual eye exam may detect the disease before we notice symptoms, and refers readers to [The Glaucoma Community](#) for more information. Make an appointment for an eye exam in 2022!

### **Comfort Companions for Those with Dementia**

Many of us remember a time in long term care when facilities would get “dinged” (cited) for giving a resident with memory loss dolls or stuffed animals. That time has passed, and there is an option for residents. Therapeutic dolls and animals are now used as non-pharmacological comfort measures. Check out the article [“Companions in Care”](#) in Alzheimer's Today magazine.

### **Another Intervention**

Aromatherapy has been used for centuries. There are references to aromatics throughout the Bible, in ancient Egypt, throughout Asia and Europe. The essential oils used in aromatics can help promote emotional and physical healing, and are used topically and via inhalation. [“Using Aromatherapy”](#) in Alzheimer's Today talks about how aromatherapy can help residents, and the effects of different aromas. [“Clinical Aromatherapy”](#) an article in Today's Geriatric Medicine also explores the topic.



### Vaccination Information Available

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

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

The Centers for Disease Control offers a great deal of information about the COVID vaccines. For more information, go [here](#). Be an informed consumer. Talk to your physician and read about the vaccines. Make the choice that is right for your health considerations.

### Local Adult Service Coalitions

Adult Service Coalitions offer networking and educational 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) \*\*Please note the time change!

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)

### Our Sympathy

Cathy Snyder, who volunteered with Resource Services and modeled for the Fashion Show at the Older Adult Expo, died on Tuesday, December 21. Our sympathy to Cathy's family and friends. Rest in peace, my friend.

### Timely Resources

Here are some resources to explore:

#### Aromatherapy resources

Clinical Aromatherapy: Essential Oils in Healthcare 3rd Edition, Jane Buckle PhD, RN (Author)

Modern Essentials by Aroma Tools is an excellent resource but it does not align with doTerra EO products.

[This resource is not an endorsement of doTerra products.]

Both can be found on [Amazon](#).

#### Comfort Companions

[The Alzheimer's Store](#) is one source of comfort care products.

"[Pros & Cons of Doll Therapy](#)" This article discusses doll therapy from differing perspectives.

Another article discusses 'doll therapy' [here](#).

### Hiring

- Appalachian Outreach is seeking an Executive Director. Find an application [here](#).
- [IC Care](#): Experienced in-home caregivers
- [Amedisys Hospice](#): RN/case manager
- Family Service-UOV: drivers, in home caregivers. Contact Paula Calvert at [pcalvert@fsuov.com](mailto:pcalvert@fsuov.com)
- Interim Health Care: contact Karen Craig at [kcraig@interim-health.com](mailto:kcraig@interim-health.com)
- [Necco Foster Care](#): foster care managers in Wheeling, Elkins, and Fairmont
- [Good Shepherd Nursing Home](#): contact HR at 304 242-1093
- Many local businesses are hiring: Menard's, Kohl's, TJ's, Taco Bell, and other retail.



Altenheim Retirement Community

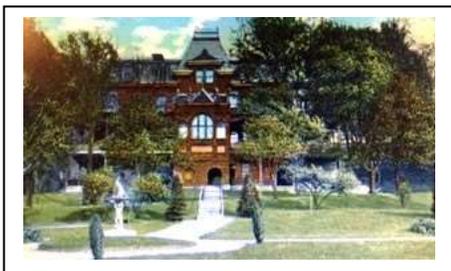
Altenheim Retirement Community  
130 years of housing for older adults  
1891-2021

Over 130 years in Wheeling

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 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.

We are accepting applications!  
Contact George A. Dakovic, Executive Director at [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.

