



September 5, 2025

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

### **September is World Alzheimer's Month\***

Always observed on September 21, [World Alzheimer's Month](#) focuses on awareness and challenging the stigma of dementia. [Alzheimer's Disease International](#) reports that dementia affects more than 55 million people worldwide, with a new case of dementia occurring somewhere in the world every 3 seconds. It is estimated that there will be over 78 million people affected globally by 2030. The most common cause of dementia is Alzheimer's disease, which affects 50-60% of people with dementia. According to the Alzheimer's Association's [2025 Alzheimer's Disease Facts and Figures](#), 7 million people are living with dementia in the United States. In 2023, 11 million unpaid caregivers provided the equivalent of \$147 million in care hours.

*Upper Ohio Valley Walk to End Alzheimer's* will be held on Sunday, September 21 at Wheeling Park, Wheeling WV. Registration starts at 12noon, Ceremony begins at 1:00pm with the Walk following. For more information or to register online, go to [https://act.alz.org/site/TR/Walk2025/WV-WestVirginia?fr\\_id=19021&pg=entry](https://act.alz.org/site/TR/Walk2025/WV-WestVirginia?fr_id=19021&pg=entry) or [find a Walk](#) near you.

### **September is Suicide Prevention Month\***

Older adults, males, veterans, The [CDC](#) reports that people ages 85 and older had the highest rates of suicide in 2023. The suicide rate among males in 2023 was approximately four times higher than the rate among females. (Males make up 50% of the population but nearly 80% of suicides.) [Rand.org](#) reports that in 2022 (the most recent year for which data are available), 6,407 veterans and 41,484 nonveteran adults died by suicide. Because there are many more nonveterans in the U.S. population, the rate of suicide among veterans was 34.7 per 100,000, compared with 17.1 per 100,000 for nonveterans (Office of Suicide Prevention, 2024b). Read more about Suicide and Older Adults in this month's Deeper Dive.

### **Medicare Open Enrollment**

Medicare Open Enrollment for 2026 begins October 15, 2025, and ends December 7, 2025. During this time, you can join, drop, or switch to a different Medicare Advantage (Part C) plan or Medicare Part D prescription drug plan or return to Original Medicare. Coverage changes made during this period will take effect on January 1, 2026. Beneficiaries should be receiving their Annual Notice of Coverage soon. Review the document and see if you need to change your provider. If you have questions, you can contact the [State Health Insurance Assistance Program](#). SHIP assistance is free and SHIP counselors are not affiliated with insurance companies. You can also call 1 800 MEDICARE or talk to your Medicare insurance broker.

### **Medicare & Medicaid Changes\***

["How Medicare Might Change in 2026 and How It Will Affect Your Coverage"](#) from US News & World Report offers information on possible changes. [Kiplinger](#) reports that Part D products may increase, Medicare Advantage benefits may decrease, and the out-of-pocket prescription cap will increase to \$2100. Insulin costs will be capped annually and no deductible should be applied. [Prior authorization](#) will be required from Original Medicare in 2026 for certain procedures. This pilot program will last for 6 years (through December 21, 2031) and will be tried in 6 states: Washington, New Jersey, Oklahoma, Ohio, Texas, and Arizona. Be aware of your coverage and any changes that may impact you.



### **Disaster Preparedness\***

We have recently seen storms, flooding, fires, and tornadoes, and we are now at the height of hurricane season. The weather is changing and we need to be prepared for the worst that nature throws at us. The heat and humidity in our area was brutal again this summer. The flash floods that have taken place across the globe have been disastrous. There is a limited amount of preparation for disasters like flash flooding but there are preparations you can make such as arranging meeting places that are familiar so you can do a head count and regroup. We need to look at the disasters that our areas are prone to and prepare as much as we can. There are tips, planning sheets, and more at [Ready.gov](https://www.ready.gov).

### **SCAM NEWS:**

#### **Veteran Caregiver Support Stipend Scam**

Veterans and caregivers need to be aware of VA Caregiver Support Stipend Recoupment scams. These scams aren't new but consumers continue to fall for the con. The Caregiver Support Stipend is a component of the [VA Caregiver Support Program](#) for eligible veterans and their caregivers. The veteran or caregiver [may receive an email](#) saying that they have been overpaid and the funds need to be repaid. Personal information is requested. Don't respond to the email and don't provide any personal information. Call VA's Caregiver Support Line at 855 260-3274 if you need assistance or call your regional VA field office.

### **Parkinson's Disease\***

What do Neil Diamond, Alan Alda, Linda Ronstadt, Michael J. Fox, and Ozzy Osborne have in common? Parkinson's disease. [The Parkinson's Foundation](#) describes Parkinson's as a neurodegenerative disorder that often causes tremor (mainly at rest and described as pill rolling tremor in hands); other forms of tremor are possible; slowness and paucity of movement (called bradykinesia and hypokinesia); limb stiffness (rigidity); and, gait and balance problems (postural instability). An estimated 1.1 million people in the U.S. are living with Parkinson's and this number is expected to rise to 1.2 million by 2030. Parkinson's is the second-most common neurodegenerative disease after Alzheimer's disease.

#### **New Support Group for those with Parkinson's Disease and their Caregivers**

Altenheim Resource Services and Family Service Upper Ohio Valley (Ohio County Senior Center) will be working together to offer a support group for those with *Parkinson's Disease & their caregivers*. The Wheeling Parkinson's Support Group is tentatively scheduled for the 4<sup>th</sup> Friday at 10:30am at the Ohio County Senior Center, 2200 Main Street, Wheeling WV with the first meeting being held on Friday, September 26 at 10:30 am. This will be an introductory meeting to talk about the group and get contact information. Contact Ann at 304 280-8701 or Paula at 304 233-2350 ext 105 for more information.

#### **Save the Date: Free Veterans Workshop in October**

"U.S. MILITARY CULTURE & SUICIDE PREVENTION FOR VETERANS" will be held on October 14, 2025 from 9:00 am – 11:00 am at Liza's Place, Valley Hospice, 308 Mt St Joseph Road, Wheeling WV 26003 with guest presenter Vicky Loy, MSW, LICSW. The workshop is free. Two Continuing Education Credits have been approved by the WV Board of Social Work. To receive registration information, contact Ann at [akoegler1995@gmail.com](mailto:akoegler1995@gmail.com)



## Timely Resources

### Our Sympathy

Our deepest sympathy to Arch Riley, daughter Ann Riley, and their family on the death of Sally Goodspeed Riley. Mrs. Riley was on the Altenheim Board of Directors for several years and was also active in many other community organizations. She was a kind and compassionate person whose presence will be missed.

### Vaccinations

- The CDC offers [information on vaccination schedules](#) which are appropriate to age and health conditions.
- What ARE those diseases? What are symptoms? What are consequences of the disease? Is it contagious? Can it be prevented? ? What about vaccinations? What does the vaccination involve? Are there side-effects? Who should consider the vaccination? Read on!
  - COVID: [COVID](#) and [Information on vaccinations](#)
  - ANNUAL FLU SEASON: [Annual flu season](#) and [Information on vaccinations](#)
  - RSV: [RSV](#) or Respiratory Syncytial Virus and [Information on vaccinations](#)
  - SHINGLES: [Shingles](#) and [Information on vaccinations](#)
  - TDAP: [TDAP \(tetanus\)](#), [Diphtheria](#), Pertussis or Whooping Cough and [Information on vaccinations](#)
  - MEASLES: [Measles](#) and [Information on measles vaccinations](#)
- Other considerations:
  - Check with your primary health care provider for information on vaccinations. Your medical record may have information on when a vaccination is due. Ask about any contraindications.
  - Most vaccinations are available at pharmacies. Consult your pharmacist about availability.
  - Most vaccinations are covered by Medicare *for those with prescription coverage*. Recent governmental changes may impact payment. Confirm your coverage!
  - There will be changes in insurance coverage for vaccinations including the COVID vaccination depending on age, health, and insurance carrier. Confirm your coverage!
- You can get information on [immunization resources](#) or go to <https://www.immunize.org/>. Click on "Vaccines and VIS".
- Annual Flu Season is just around the corner. COVID cases are on the upswing. Measles have seen a resurgence. What is your vaccination status? Talk to your primary health care provider about vaccinations.

### Support Group Information

There are support groups that cover many areas of need that include in-person and virtual options. Here are just a few that are available. Contact us if we can help you locate a group.

**\*Myasthenia Gravis Support Group** will meet September 27<sup>th</sup> at 1pm. For meeting information, contact Jay Adams at 304 780-9274.

**\*Opportunities to Shine for Individuals living with brain change**, their families, and professionals meets on the 4<sup>th</sup> Wednesday at 4pm at First Christian Church (Disciples of Christ), 1343 National Road, Wheeling. For meeting information, contact Sara Alig at 304 336-8199. Ask about a Zoom option if you can't attend in person.

**\*Dementia Support Group**: Shadyside Healthcare & Rehabilitation, 60583 State Route 7, Shadyside OH, 3<sup>rd</sup> Thursday from 6pm – 7pm. Call 740 676-8381 for more information.



## Timely Resources

**\*Caregiver Support for those caring for a loved one with Alzheimer's / Dementia:** Berkeley Senior Services, 11:30 a.m. on the 2nd Friday of each month, 217 North High Street, Martinsburg, WV 25404. For more information, contact Katherine Donovan at 304-263-8873 Ext. 4114 or by email at [katherine@berkeleyseniorservices.org](mailto:katherine@berkeleyseniorservices.org). The Virtual Dementia Tour is also available. (\*This is a great program for anyone interested in dementia care.)

**\*Grief Support Group** meets the 4<sup>th</sup> Monday of the month from 2pm – 3pm at First Christian Church, 1343 National Road, Wheeling WV. For information, contact Dannette Harris at 304 290-7050.

**\*Parkinson's Disease Support Group** meets the 3rd Wednesday at 11:30am at the Wilfred R. Cameron Wellness Center, 240 Wellness Way, Washington PA 15301. For more information, contact Casey Peluso at [cpeluso@pfpwa.org](mailto:cpeluso@pfpwa.org) or 412 837-1357.

**\*Parkinson's Disease Support Group** meets the 2nd Tuesday, 10:00 am Our Place/First Westminster Presbyterian Church 235 N 4th Street Steubenville, OH 43952 Judy Owings: 740-520-0120

**\*\*\*NEW!!! Wheeling Parkinson's Disease Support** group meets the 4<sup>th</sup> Friday at 10:30 am at Family Service Upper Ohio Valley (Ohio County Senior Center), 2200 Main Street, Wheeling, WV. For more information: Ann Koegler 304 280-8701 or Paula Calvert: 304 233-2350 ext 105.

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

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, [starr.decariarx@gmail.com](mailto:starr.decariarx@gmail.com)

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

#### WEST VIRGINIA:

Brooke County: 2<sup>nd</sup> Monday at 2pm, [corris@valleyhospice.org](mailto:corris@valleyhospice.org)

Ohio County Adult Services Coalition: 3<sup>rd</sup> Tuesday at 2:00pm, [tblanchard@theicgroup.com](mailto:tblanchard@theicgroup.com)

Marshall County Senior Coalition: 2<sup>nd</sup> Weds at 2:30pm, [corris@valleyhospice.org](mailto:corris@valleyhospice.org)

## Timely Resources for Readers

### **\*World Alzheimer's Month**

- A The [Alzheimer's Association](http://www.alzheimers.org) offers information, support groups, a 24/7 Hotline, supports research, and more.
- A The [Alzheimer's Foundation of America](http://www.alzheimersfoundation.org) offers resources for caregivers – family and professional including the free magazine [Alzheimer's Today](http://www.alzheimers.org).
- A The [Alzheimer's Store](http://www.alzheimersstore.com) has products and ideas to help those with dementia and their caregivers.
- A There are more resources, webinars, and a caregiver tool kit at [alzcaregiving.org](http://www.alzcaregiving.org)
- A There are several [Alzheimer's Disease Research Centers](http://www.alzdiscovery.com) that offer opportunities for participation in clinical trials.

### **\*September is Suicide Prevention Month**

- A 988 Lifeline offers support 24/7/365
- A The [Suicide Prevention Resource Center](http://www.suicidepreventionresourcecenter.org) offers information and resources
- A SAMSHA ([Substance Abuse and Mental Health Services Administration](http://www.samhsa.gov)) offers resources for suicide prevention.



## Timely Resources

- A The [National Alliance on Mental Illness](#) (NAMI) offers support groups for those with mental health concerns and the [Greater Wheeling NAMI](#) chapter has a group for Survivors of Suicide Loss.
- A “[Military Suicide: What You Should Know](#)” offers information on suicide, warning signs, and resources.

### \*Medicare and Medicaid Changes

- A The [Center for Medicare Advocacy](#) is a good resource for information on Medicare providing legal analysis, education including [webinars](#), and advocacy.

### \*Disaster Preparedness

- A The American Red Cross offers [tips for disasters](#) and a [list of needed supplies](#). You can also find several disaster preparedness kits on [Amazon](#), at [Cabela's](#), and at Wal Mart– to name but a few.
- A Read about weather trends at the [National Oceanic and Atmospheric Administration](#).
- A Do you need [help after a disaster](#)? Check out this site for helpful information.
- A The [FEMA Flood Map](#) offers flood hazard information.
- A What weather is coming your way? Check the [National Weather Service](#).

### \*Parkinson's Disease

- A You can get more information at the Davis Phinney Foundation and also download or order a copy of “Every Victory Counts”. Just enter “Davis Phinney Foundation” in your browser.

### Deeper Dive August 2025: Additional Sandwich Generation Resources

Our mid-month Deeper Dive for August focused on Sandwich Caregiving. Often, those caregivers become “kinship caregivers” raising grandchildren, nieces, nephews, or other children. Caregivers may find themselves facing child/adolescent issues they’ve not encountered for a while! Here are some additional resources for those offering kinship care, foster care, and/or who need information on teen health, parenting issues, and/or legal resources:

- A Mission WV at <https://www.missionwv.org/kinship>
- A Legal Aid of WV at <https://legallaidwv.org/legal-information/kinship-care-relationships-and-possible-benefits/>
  - o Legal Aid of WV also offers [A Legal Guide for Kinship Caregivers](#)
- A Family Resource Networks (FRN)
  - o Learn about West Virginia's FRNs at <https://wvfrn.org/> and find your West Virginia FRN office at <https://wvfrn.org/counties/>
- A Webinar: “iGuardian Presentation for Trusted Adults”, September 18, 2025 | 2:00-3:30 pm  
Webinar description: “Protecting children in the digital age is more critical than ever. Join us for Project iGuardian, a powerful presentation from Homeland Security Investigations (HSI), the principal investigative arm of the Department of Homeland Security and a global leader in combating online child sexual exploitation and abuse (CSEA).” CEUs for social workers. For questions or to register, go to: <https://www.missionwv.org/upcoming-webinars/2025/9/18>

If you find a broken link in any of the newsletter’s referenced sources, please let us know! Thank you!!



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 independent adults 65 years 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

Pets considered ~ call for our pet policy

***We are accepting applications!***

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



## Altenheim Resource Services

*Altenheim Resource Services, a division of Altenheim Retirement Community for over 25 years*

Empowering older adults, caregivers, & advocates with information on aging, services and resources

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, Resource Services, calendar of events, blog, Care Guides, and a photo gallery

**Contact us at 304 280-8701 with questions about resources and issues concerning older adults and caregiving.**



Altenheim Resource Services



## Timely Resources

