



November 12, 2021

### Veteran's Day 2021

**To all of our veterans, military personnel, and those who support them – thank you!**

[An Act \(52 Stat. 351; 5 U. S. Code, Sec. 87a\) approved May 13, 1938](#), made the 11th of November in each year a legal holiday—a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as "Armistice Day." Armistice Day was primarily a day set aside to honor veterans of World War I, but in 1954, after World War II had required the greatest mobilization of soldiers, sailors, Marines and airmen in the Nation's history; after American forces had fought aggression in Korea, the 83rd Congress, at the urging of the veterans service organizations, amended the Act of 1938 by striking out the word "Armistice" and inserting in its place the word "Veterans." With the approval of this legislation (Public Law 380) on June 1, 1954, November 11th became a day to honor American veterans of all wars. [Source: <https://www.va.gov>]

### Webinars

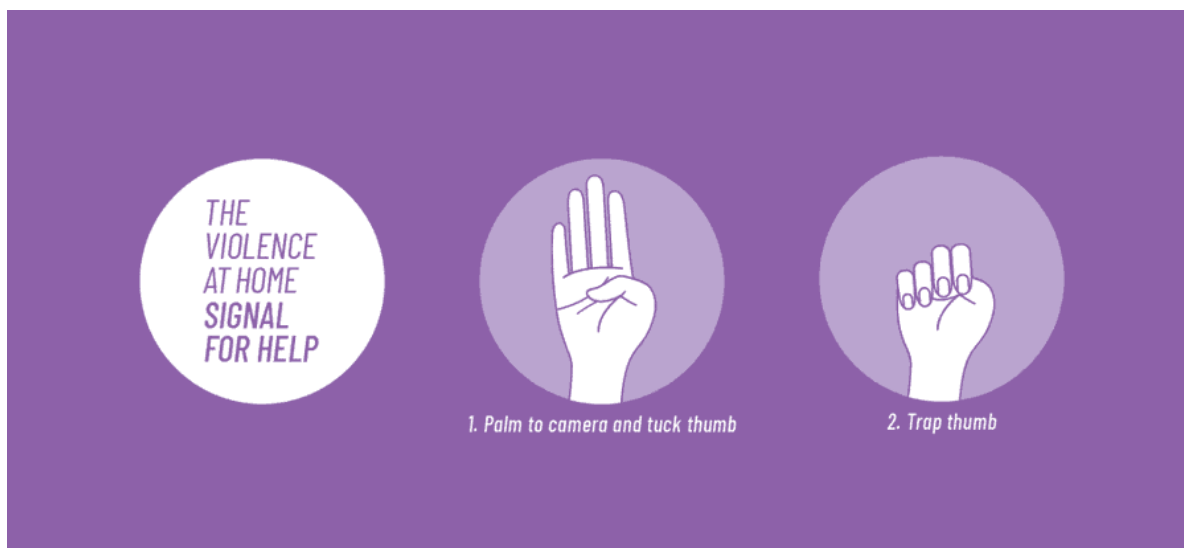
There are several resources for webinars that are appropriate for professionals and for caregivers. [Arden Courts](#), an assisted living facility franchise, offers informative and timely webinars with known presenters. [The Alzheimer's Foundation of America](#) also offers webinars. Duke University's Dementia Family Support Program offers webinars through their [Caregiver Connection](#).

### Safety Signal

A 16-year-old girl, who had been missing from her home in North Carolina for days, used the gesture developed by women's groups as a way to surreptitiously signal for aid in domestic violence situations, according to officials.

Anyone can be a victim of domestic violence, and we see articles about kidnapped and at-risk youth all too frequently. Be aware of the hand signal demonstrated below in case you or someone you know needs help, or if you see someone else's sign that they need help.

The signal involves holding up a hand, palm out, in a "stop" gesture, then closing the hand with the thumb inside.





### **Winter is Coming**

As much as many of us dread the cold and snow, it is still rapidly approaching! Make sure to winterize your home, and check with your older relatives and neighbors to make sure they are prepared. Lowe's offers [a checklist](#) to help you get your home organized. The Weather Channel offers a [booklet](#) on what to do in case of winter storms, and also offers a [one page tip sheet](#) for winter storms. Keep your cell phone charged, and have plenty of batteries and flashlights. Get your ice melt. Be extra cautious to avoid falls!

### **Scams & Dementia**

Those who have been diagnosed with dementia and their families are targets of unsavory companies and scammers. There are ads everywhere for products that will improve memory. [Alzheimer's Today](#) has an interesting article on Avoiding Supplement Scams, and offers warning signs and where to report suspected scams. (You can subscribe to the magazine on this website, too.) The [US Food and Drug Administration](#) offers information on scams also.

### **National Alzheimer's Awareness Month**

More than 6.2 million Americans are living with Alzheimer's which is the most common cause of dementia. We need to increase awareness and continue to work toward a cure. Check out how you can [support Alzheimer's Awareness](#).

### **National Family Caregiver Month**

Caregivers come in all shapes, sizes, ages, genders, and relationship status. More than 11 million caregivers provide over 15 billion hours of unpaid care. Rosalyn Carter once said, "There are only four kinds of people in the world - those who have been caregivers, those who are caregivers, those who will be caregivers and those who will need caregivers." Send a card, make a call, recognize a caregiver. Find out more at the [Caregiver Action Network](#).

### **National Home Care & Hospice Month**

In November, we honor those who serve through home care and hospice. Thank you to all of the staff members that provide care to those who need care and assistance, and those who are at end-of-life. Read all about the observance [here](#).

### **Mountaineer Food Bank**

The [Mountaineer Food Bank](#) will have a distribution at the Wheeling Island Casino parking lot on December 9 from 11am – 1pm. The distribution is open to West Virginia residents, and offers one box per family. There is a list of West Virginia distribution sites on the website.

### **Vaccination Information Available**

Covid vaccines are widely available for all age groups.

Check out [West Virginia availability here](#). Check out [Ohio availability here](#). Pfizer and Moderna booster shots are available at numerous locations.

### **Annual Enrollment Period for Medicare**

The [Medicare Annual Enrollment Period](#) (AEP) is now on – full press. This will run through December 7, 2021. During this time, beneficiaries have the option of changing their Part D Prescription product for 2022 as well as making other Medicare and/or Medicare Advantage changes. Beneficiaries should have received their current product's Annual Notice of Changes so they can begin to prepare for the upcoming AEP. Contact your [SHIP counselor](#) or your insurance broker for information.



## Timely Resources

Here are some resources to explore:

Belmont County Student Services offers [Coalition Connection](#) which has information on several Belmont County Coalitions. They also offer an informative newsletter geared toward older adults, and you can sign up on this website.

[Next Avenue](#) offers information on many areas of aging. There are articles on health, finances, daily living and more.

[The National Center for Law and Elder Rights](#) (NCLER) offers webinars, tip sheets, and other information to help advocate for our clients, and is part of the [Elder Justice](#) website that offers information on several areas of elder justice.

[The Hospice Foundation of America](#) offers information on hospice care, grief, and also has a hospice locator.

[The West Virginia Center for End of Life Care](#) offers information on advance directives, as well medical power of attorney and living will forms for WV residents. There is also information on the Physician's Scope of Care. [The Ohio Hospital Association](#) offers information on Ohio Advance Directives.

**Interesting read:** [Healing Into Possibility: the Transformational Lessons of a Stroke](#) by Alison Bonds Shapiro, an HJ Kramer book, 2009.

### Local Adult Service Coalitions

Belmont County: 1<sup>st</sup> Thursday at 2pm [akoegler1995@gmail.com](mailto:akoegler1995@gmail.com)

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)

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)

Don't forget to check out the [Altenheim Retirement Community](#) webpage for information on our services, a blog, a calendar of events, and other information.

### Hiring

- [National Youth Advocate Program](#): Therapists – Martinsburg WV and Parkersburg WV
- [IC Care](#): Experienced in-home caregivers
- 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)
- Many local businesses are hiring: Menard's, Kohl's, restaurants, and other retail.

### Congratulations!

To Lisa Kasimirski, the new director of Senior Services of Belmont County.

### Best Wishes!

To Dwayne Pielech who is leaving the position of director of Senior Services of Belmont County.



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 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.**

