



July 7, 2025

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

### **Disasters\***

We have been seeing more disasters across the globe and across the seasons. A [winter bomb cyclone](#) ravaged the West Coast and a rare [Gulf Coast blizzard](#) brought 10" - 12" of snow to that region last winter. (10" of snow in Lafayette, LA!) Wildfires have touched Canada, California, North Carolina, Tennessee, Alaska, and many other areas. Flooding has hit Africa, Haiti, Australia, and in many areas in the United States including Texas and our area. \*Keep an eye on the weather and pay attention to alerts. (Make sure you have a [weather app](#), and make sure the alert function on your phone is turned on. You can search your browser for more options.) If the alert says Evacuate – LEAVE immediately.

### **How Do We Help Those Who Have Experienced Flooding?**

Flash flooding is called "flash flooding" for a reason. It happens quickly and many receive very little or no warning. Destruction is quick as creeks rise and walls of water overrun everything in its path. Some do not survive. Others get away with the clothes on their backs. What can we do? \*You can volunteer for a variety of tasks from helping with distribution of items to helping rebuild. \*You can offer financial support or donate supplies. Make sure to donate to reputable charities. \*You can donate shoes. Without proper footwear, individuals navigating flood-ravaged areas face an increased risk of cuts, punctures, and exposure to harmful contaminants. Flood recovery doesn't happen overnight. Immediate assistance is vital, and on-going support is needed for long-term recovery.

### **Medicare and Disasters**

Seeking medical care in the aftermath of a disaster may be challenging. Medicare.gov can help you navigate some basic care needs if an emergency is declared and you have to evacuate to a safe area. [Get Care in an Emergency](#) can offer guidance on how to access health care including getting prescriptions medications and seeing a health care provider.

### **Compassion Fatigue\***

Compassion fatigue is a term that describes "the physical, emotional, and psychological impact of helping others — often through experiences of stress or trauma". There is a huge risk for those providing recovery services to people impacted by disasters, and those who are providing disaster recovery need to be especially attuned to the symptoms and to self-care. The Substance Abuse and Mental Health Services Administration [offers several resources](#) for those who are providing disaster recovery services. You have to take care of yourself to effectively care for others.

### **Scammers Target Disaster Areas\***

Please stay especially attentive when recovering from flooding and natural disasters and when responding to the needs of those affected. Scammers blend in with other responders and are more than happy to take advantage of those who are trying to recover. They may pose as contractors offering services, and then they will take your money and run. They may offer needed supplies at exorbitant rates. Fake charities and personal funding accounts spring up and those who collect the donations have no intention of helping those in need. Ask for licenses of those offering contracting assistance. Donate to known and reputable charities. Here are some [more ideas to help you](#) protect yourself.



## Timely Resources

### **Recent Flooding**

*Many areas in our Ohio County WV community are working to recover from devastating flash flooding that occurred the weekend of June 17 and again on June 26. The flooding occurred after many areas received several inches of rain in a very short amount of time. Roadways and small creeks became raging waterways carrying homes, cars, trees, and all sorts of debris. Homes and possessions were lost or flooded. Lives were lost. Physical recovery is going to take a very long time. Emotional losses will never go away. The community has pulled together with an unimaginable spirit of unity, caring, and generosity. Agencies are working together to help, and donations have poured in. Many other areas in West Virginia and in other states have been hit very hard by these unusual weather events. Please keep all of our communities in your hearts as those affected move forward, and those who are helping continue to offer assistance, support, and compassion.*

### **Our Deepest Sympathy**

*We offer our deepest sympathy to the families and friends of those who lost their lives in the recent flooding: Michael Bokanovich, Travis Creighton, Lisa McMasters, Sandra Parsons, Jesse Pearson, Kyleigh and Parker Shotton, and Connie and Michael Veronis.*

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### **Other Scams to Watch**

\*Several of us have recently received text or phone messages allegedly from Comcast saying that our “discount” would be discontinued if we didn’t respond immediately. This is not a legitimate contact according to the [Xfinity customer blog](#). Do not respond. Block the number. You can also report the contact to the Comcast Customer Security at 800 XFINITY.

\*Scammers are also [impersonating law enforcement](#) saying they’ve intercepted a package with your name on it and it is full of drugs or money. They say that if you pay them, you will avoid prosecution. This isn’t how law enforcement operates. They will not call you to warn you of an impending arrest nor will they take crypto, gift cards, or other payment methods in lieu of charges.

### **Do You Need Legal Help in WV?\***

Legal Aid of West Virginia helps people with civil, non-criminal issues. Personal safety / domestic violence, child custody, access to services, and rental housing are some of the issues they cover. You can call 1 866 255-4370 or apply online at [www.LegalAidWV.org](http://www.LegalAidWV.org).

### **Legal Help in Other Areas**

Legal assistance programs are located across the country. Programs may have different services and eligibility requirements. Go here to find [legal assistance resources in other states](#). Another resource to find resources in other areas is provided here: [Find a Lawyer for Affordable Legal Aid](#).

### **Legal Information**

The [National Center on Law and Elder Rights](#) provides “the legal services and aging and disability communities with the tools and resources they need to serve older adults with the greatest economic and social needs.” The [American Bar Association](#) offers resources as well.



## Timely Resources

### Vaccinations, Boosters, Flu Shots

Vaccinations are covered by Medicare for those who have prescription coverage.

- The CDC offers [information on vaccination schedules](#) which are appropriate to age and health conditions.
- Here is some information on the more common diseases and vaccinations. What are symptoms? What are consequences of the disease? Are they contagious? Can they be prevented? What does the vaccination involve? Who should consider the vaccination? Read on!
  - [COVID](#) and [Information on vaccinations](#)
  - [Annual flu season](#) and [Information on vaccinations](#)
  - [RSV](#) or Respiratory Syncytial Virus and [Information on vaccinations](#)
  - [Shingles](#) and [Information on vaccinations](#)
  - [TDAP \(tetanus\)](#), [Diphtheria](#), Pertussis or Whooping Cough and [Information on vaccinations](#)
  - [Measles](#) and [Information on measles vaccinations](#)
- Other considerations:
  - Check with your primary health care provider for information on vaccinations you may want to consider and any contraindications.
  - Other vaccinations are available at most pharmacies. Consult your pharmacist about availability.
  - Most vaccinations are covered by Medicare for those with prescription coverage.
  - There may be changes in COVID vaccination coverage as well as coverage for other vaccinations depending on age, health, and insurance.

### Support Group Information

**\*Myasthenia Gravis Support Group** will meet July 12<sup>th</sup> at 1pm. For meeting information, contact Jay Adams at 304 780-9274.

**\*Dementia Caregiver Support Group** meets virtually the second Wednesday from 6-7 pm via Zoom. Contact Lori McGlumphy at [mcglumphy14@comcast.net](mailto:mcglumphy14@comcast.net) for the Zoom link.

**\*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.

**\*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.

**\*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

**Save the Date!** We will be offering a community program in Wheeling on Parkinson's Disease on August 27 with special guest speaker Casey Peluso! Contact us for more information or to be placed on a notification list when details are finalized.



### 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 at Senior Services of Belmont County, [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 at 3pm at Jefferson County Chamber of Commerce,  
[starr.decariarx@gmail.com](mailto:starr.decariarx@gmail.com)

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

#### WEST VIRGINIA:

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

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

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

### Our Best Wishes

Our friend and colleague Charlene Moffo is retiring the end of July from her position at Kennedy Park Retirement Community in St Clairsville. Charlene will be missed but we wish her all the best as she takes on this new adventure! We also wish the new Kennedy Park manager well in their new position.

## Timely Resources for Readers

### Disasters\*

Additional resources:

- A Be ready to evacuate *immediately* if called to do so.
- A Check your insurance policy to see what is covered in the event of a disaster. The [Insurance Information Institute](#) offers some basic information on coverage. The USDA offers information for [crop insurance](#).
- A Prepare an [emergency supply kit](#). Ready.gov offers a [checklist in several languages](#).

### Compassion Fatigue\*

Additional resources:

- A [“A Guide to Managing Stress for Disaster Responders and First Responders”](#)
- A [“Tips for Disaster Responders”](#)

### Scammers Target Disaster Areas\*

- A The American Banking Association offers [more tips on scams to watch](#).

### Do You Need Legal Help in WV?\*

- A You can find legal information and resources under the Resource Library tab at [www.LegalAidWV.org](http://www.LegalAidWV.org). There are free online legal forms, instructional videos, and Kinship Connector with information for kinship caregivers.
- A [RentersRightsWV.com](http://RentersRightsWV.com) provided by Legal Aid of WV offers information on a variety of issues faced by renters.
- A [Disability Rights of West Virginia \(DRWV\)](#) is the federally mandated protection and advocacy system for people with disabilities in West Virginia.

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

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, 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.**

