



April 8, 2025

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

### **April is National Volunteer Month**

Many organizations depend on volunteers. Volunteers help at the library, at meal programs, at schools, and at hospitals. [Americorps.gov](https://www.americorps.gov) reported that more than 75.7 million people – or 28.3 percent of Americans – formally volunteered through an organization in 2023. This amounted to giving more than 4.99 billion hours of service with \$167.2 billion of economic value. Volunteering will be the focus of this month's Deeper Dive.

### **It's Time to Honor Our Libraries\***

April 6 through April 12 is [National Library Week](#). This week celebrates the role that libraries play and the benefits libraries provide to our communities. Libraries offer reading programs, outreach programs, Volunteer Income Tax Assistance during tax season, Lunch with Books programs, [things to borrow](#), historical information, and more. Book sales help provide some funding for the library and inexpensive reads for those who want to own books. Your library card opens a whole new world! Go and see what is available!

### **Earth Day\***

Earth Day will be observed on April 22. Our planet is [facing an onslaught of issues](#) including climate change, an overuse and an overabundance of plastics, and other issues that we need to address. What can you do? Recycle. Use sustainable products. Be aware of the products you use. Here are [more ideas](#) on how to help the world in which we all live.

### **Health Care Decisions**

Health Care Decision Day is April 16 and the intent is to educate consumers about health care decisions and empower them to take action in establishing their own advance care directives. Directives include a Medical Power of Attorney and a Living Will. Consider [what you want to include](#). You can download the booklet [What Matters to Me: A Workbook for People with Serious Illness](#) from the Conversation Project. You can find forms through your hospice organization, hospital, your state Bar Association, or through [CaringInfo.org](https://www.caringinfo.org). We need to express our end-of-life wishes and choose an agent that will honor those wishes.

### **Summer is Coming\***

Despite the snow that fell overnight, most of us are looking forward to nice weather and some summer relaxation. Perhaps you'd like to try the [Appalachian Trail](#) whose 2200 miles run through 14 states (with only 2.5 miles in West Virginia). Maybe [gardening](#) is your passion. Check out your [gardening zone](#) and plan your garden. You need to consider heat as well as cold tolerance. Do you want to travel? Do you want to have a staycation and focus on local activities? Your AAA (auto club) can help with destinations and your local convention bureau can tell you what is happening in your neighborhood. Pull out an old-fashioned map, choose an area, close your eyes, and point! You have a new destination! Get ready! Warm weather is coming!



### Scam Awareness\*

**Weather-Related Scams:** We've had some nasty weather and consumers may be dealing with flood damage, roof issues, or other storm-related problems. The Better Business Bureau warns consumers about scams involving [free roof inspections](#). Scammers may also [pose as insurance representatives or claims adjusters](#). Fake charities scam compassionate consumers especially after disasters. The Federal Trade Commission offers [tips on avoiding scams](#). Don't get scammed!

**Artificial Intelligence** (or AI) makes scamming more convincing. Audio clips can be used to create fake calls from family members (also known as the [Grandparent Scam](#)). Fake videos can be loaded onto social media and scammers can be "anybody". [Learn more](#) about AI and how to protect yourself.

### Hearing Loss Risks

Hearing loss affects one in three people in the United States between the ages of 5 and 74, and nearly half of people over 75 have difficulty hearing, according to [The Hidden Risks of Hearing Loss](#) in Alzheimer's Today magazine. Hearing loss has been linked to an increase in cognitive decline, being linked to depression and reduced activity. Those with hearing loss become more isolated and the brain is not getting the sensory input. It's not getting exercised. The article goes on to say that "treating hearing loss could prevent up to seven percent of dementia cases globally". Hearing aids are now [available over-the-counter](#) but you need to do your research before buying. You may want to consult a hearing specialist to make sure that your hearing needs are met.

### Supportive Services for Veterans Families

[Supportive Services for Veterans Families](#) provides case management and supportive services for very low-income veterans to address homelessness or those Veterans and their families who are at risk for homelessness. [Locate a SSVF Provider](#) that serves your area.

### Laughlin Loan Applications

The Laughlin Loan Program was established by George A. Laughlin to provide "industrious Ohio County families with dependent children interest-free loans to buy homes". Applications are now being taken through Wesbanco for those who qualify. Applications are due by April 30, 2025. Contact Marnie Hedges, Wesbanco Trust, at 304 234-9417 for information on requirements.

### Jerry's Walk for Suicide Awareness

The Ninth Annual Jerry's Walk for Suicide Awareness will be held on April 27 at the St Clairsville Memorial Park. The Walk starts at 2pm with step-off at 3pm. For more information, contact founder and coordinator Sandy Williams at [jerryswalkforsuicideawareness@gmail.com](mailto:jerryswalkforsuicideawareness@gmail.com) or 614 551-7794.

### Senior Support Fair

The Senior Support Fair will be held at the Ohio Valley Mall on May 6 from 10am – 2pm. Come and see what resources are available in our community!

### Vaccinations, Boosters, Flu Shots

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

- The CDC offers [information on vaccinations](#) which are appropriate to age and health conditions.
- Covid vaccinations, boosters, annual flu shots, RSV vaccinations, shingles vaccines, TDAP (tetanus) vaccinations, and others are available at most pharmacies, and most vaccinations including the shingles vaccine are now covered by Medicare *for those with prescription coverage*. Check with your primary health care provider for any contraindications.



## Timely Resources

### Support Group Information

Dementia Caregiver Support Group meets virtually the second Wednesday from 6-7 pm via Zoom.

Contact Lori McGlumphy at [mcglumphyl4@comcast.net](mailto:mcglumphyl4@comcast.net) for the Zoom link.

Myasthenia Gravis Support Group will meet on April 26 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 will meet on April March 26 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.

\*Contact us for information on other support groups

### 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.decarix@gmail.com](mailto:starr.decarix@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 Chris Orris at [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, 52-16<sup>th</sup> Street, Wheeling [sdunlevy@iccare.com](mailto:sdunlevy@iccare.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)

## Timely Resources for Readers

### A It's Time to Honor Our Libraries\*

- What books 'speak to you'? Here are some ideas from [NPR](#).
- What's all the buzz about? Here are [more books](#) for your summer read from the banned books list.

### A Earth Day\*

- The [Ohio County Solid Waste Authority](#) sponsors spring clean-ups as well as other events that help our earth. Check your local waste authority for events near you!
- Recycling bins are located in many areas or recycling companies accept various products. Locate your recycling options [here](#).

### A Summer is Coming!\*

- [Need some ideas?](#) Check out these suggestions for summer fun.
- Check out your local museums. We have the [Underground Railroad Museum](#) in Flushing, Ohio; the [Kruger Street Toy and Train Museum](#) in Wheeling; the [Clark Gable Museum](#) in Cadiz and several more.
- There are [free concerts](#) in our area. Who is coming to your town?



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 those 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

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.**

