



August 10, 2026

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

History of Benefits for Older Adults

As we continue to observe our country's 250th anniversary, it is an interesting look back through our history to see the [evolution of benefits](#) for our country's older adults. Social Security addressed the poverty brought about by the Great Depression. [President Roosevelt](#), in signing the Social Security Bill into law noted that "This law, too, represents a cornerstone in a structure which is being built but is by no means complete." This month's Deeper Dive will take a look at how benefits have evolved. Volunteer Editor Jeanette Wojcik will take a look at the history of benefits for older adults in the August Deeper Dive.

Our Aging Lungs

Just like every other part of our bodies, [our lungs also show signs of our physical aging](#), and Francesca Polverino, MD, PhD, physician scientist and tenured professor of medicine at the Baylor College of Medicine states, "Lung function begins to decline gradually between 30 and 35, although many people are unaware this process starts so early." Our lungs begin to lose elasticity, the diaphragm and other muscles lose strength, and airway walls may become thicker. Our immune system's overall response in the lungs also weakens, leaving us more vulnerable to infections like [pneumonia](#) and [bronchitis](#). The [impact of wildfires](#) that continue to occur across the United States and Canada has made a huge difference in air quality. [Be smoke-ready](#) for bad air days. Please pay attention to the [air quality in your area!](#)

What About Those Ads on Social Media?

Are you scrolling through your social media and up pops an ad that grabs your attention. It's something you've been looking for but haven't been able to afford and here it is! It's on sale! The Federal Trade Commission tells us that [social media sites don't always check advertisers](#) leaving room for scammers to take advantage of users. The FTC recommends that you check out the company before buying. There are several scams that bait social media users. Be alert to these [scams that started on social media](#) and don't become a scammees.

Signs Your Loved One Needs Help

It's hard to see our loved ones become more dependent. They may have developed memory loss and need help managing their daily activities or they may have become ill or frail and are unable to manage their daily activities. These signs may indicate that help is needed: poor personal hygiene, outstanding bills or shut-off notices, mismanagement of medications, an inability to do familiar tasks, and/or falls. There are [other indicators](#) that your loved one needs help. Do you notice changes when you visit?

What Kind of Help Does Your Loved One Need?

There are [various levels of assistance](#) that can help people remain as independent as their situation allows. *In-home (non-medical) assistance* offers help in the home with tasks such as light housekeeping, medication reminders, meal preparation, and personal care assistance. (Medicare does NOT cover in-home non-medical assistance. Community services such as home-delivered meals and transportation assistance can provide additional support. *Assisted living* is provided in a facility and offers assistance with activities of daily living. Medication is administered; meals and housekeeping services are provided. *Nursing home care* is required for those who need 24-hour nursing care and meet eligibility guidelines. Contact us for information on services that may be helpful.



Food Safety

The recent outbreak of [cyclosporiasis](#) across the country that has been [linked to iceberg lettuce](#) gave us pause to consider food safety, then, in the last few days, we have been warned about jalapenos that are tainted with salmonella. The U.S. Department of Agriculture offers a [Kitchen Companion: Your Safe Food Handbook](#) for consumers. Stay informed about [current outbreaks](#) and [recall alerts](#). In addition, be cautious with food preparation and food storage to [avoid food poisoning](#). Pay [special attention](#) to summer picnics, tail gating, and outdoor dining. The publication "[Safe Picnics: A Guide to Preventing Foodborne Illness at Summer Gatherings](#)" offers more tips for safe outside dining.

Spotted Lantern Flies

They are everywhere. According to [Georgetown University](#), the spotted lantern fly is "an invasive species from Asia and is known for feeding on plants and leaving behind a sticky residue in its wake. What started as a small infestation in Pennsylvania has since spread to much of the Northeast, Mid-Atlantic and Midwest regions of the U.S." Information on the [University of Maryland Extension](#) website tells us all we want to know about the spotted lantern fly. I don't think they are going away.

Ohio's Summer Crisis Program: Energy Assistance

The [Summer Crisis Program](#) (SCP) started July 1 and is available until Sept. 30, 2026 for eligible Ohioans. The program assists consumers with electric utility bills, central air conditioning repairs, an air conditioning unit and/or fan purchases. OCC's fact sheet provides details. Use OCC's [Assistance page](#) to find where to apply for assistance and learn other valuable information about staying connected to utility service. Find [information on energy assistance](#) in your state.

Samaritan's Purse & Newbridge Church Medical, Dental, Vision Clinic

Samaritan's Purse is partnering with Newbridge Church to offer free medical services including medical care and screenings; dental cleanings, extractions, and fillings; and, eye exams and eyeglass production on August 21 and 22 (6am – 6p) and 23 (1pm – 6pm) at Wesbanco Arena, 2 – 14th Street, Wheeling WV. No insurance, no ID required. First come, first served.

For more information: <https://www.samaritanpurse.org/our-ministry/cmo/> or check out the Events page on the Newbridge website:

<https://www.newbridgechurch.us/events?sapurl=Lyt4Zzk3L2xiL2NhLys0d3h2ZmJpP2VtYmVk>

Upcoming Programs and Events

**Social Security Benefits* with Social Security representative Kimberly Miller – September 24, 2026 – 11:45am – 1:00pm – Family Service Upper Ohio Valley (Ohio County Senior Center), 2200 Main Street, Wheeling WV Call 304 233-2350 ext 106 for information. Ask about lunch and transportation!

**Holiday Wreath Class* – October 2, 2026 – 10:30am – 11:30am - \$10.00 – Instructor: Barbara Cole - Family Service Upper Ohio Valley (Ohio County Senior Center), 2200 Main Street, Wheeling WV Call 304 233-2350 ext 106 for information. (Please bring any embellishments you'd like to add!) Ask about lunch and transportation.



Support Groups

Myasthenia Gravis Support Group

The Support Group will meet on August 15th at 1:00 pm. Interested persons with MG or their caregivers may call Jay Adams at 304 780-9274 to register or for information.

Wheeling Parkinson's Support Group

The Wheeling Parkinson's Support Group meets on the 4th Friday of the month at 10:30 am at Family Service Upper Ohio Valley (Ohio County Senior Center), 2200 Main Street, Wheeling WV. The next regularly scheduled meeting will be on August 28th. For more information, call 304 233-2350.

Alzheimer's / Dementia Caregiver Support Groups

*Harvest Baptist Church, 1207 Covert Street, Moundsville WV, Alzheimer's Caregiver Support Group.

The group meets the 4th Thursday at 5:30pm at the church. For more information, contact Karen at 304 845-0671.

*Opportunities to Shine, First Christian Church (Disciples of Christ), 1343 National Road, Wheeling, 4th Wednesday at 4pm. Contact Sara Alig at sara.alig@westliberty.edu for more information.

Location Change! The Upper Ohio Valley Walk to End Alzheimer's will take place at Wheeling University on Sunday, September 27. Opening ceremony will be held at 1pm and the Walk starts at 2pm. For more information, contact Christina Beck at cbeck@alz.org.

Vaccinations, Boosters, Flu Shots

Talk to your primary health care provider about vaccinations that will benefit you, and check with your insurance plan regarding coverage. This is [the list of recommended vaccinations for adults currently on the CDC website](#). Reports have indicated that those older adults with Medicare who request vaccinations will [still have coverage](#).

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: 1st Thursday at 11am at Senior Services of Belmont County,
akoegler1995@gmail.com

Guernsey County: 3rd Wednesday at 3pm Stacey.clark-frame@altercareonline.net

Jefferson County: 3rd Thursday at 3pm at Jefferson County Chamber of Commerce,
starr.decariarx@gmail.com

Harrison County: 4th Wednesday at 3pm at Cadiz Senior Center Starr.decariarx@gmail.com

WEST VIRGINIA:

Brooke County: 2nd Monday at 2pm at the Brooke County Senior Center Chris Orris at
corris@valleyhospice.org

Ohio County Adult Services Coalition: 3rd Tuesday at 2:00pm at the Ohio County Public Library,
52-16th Street, Wheeling Samantha Walters at Samantha.Walters@chs-corp.com

Marshall County Senior Coalition: 2nd Weds at 2:30pm at Marshall County Senior Center
corris@valleyhospice.org



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

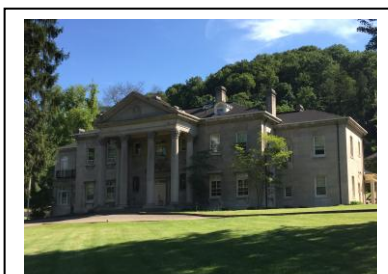
Lawn care, snow removal, general maintenance, general repairs included in monthly rent

Utilities are not included

Pets considered ~ call for our pet policy

We are accepting applications!

Contact George A. Dakovic, Executive Director at gam.dakovic@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

Ann Koegler, M.A., L.S.W., Resource Services Coordinator Akoegler1995@gmail.com

<https://www.altenheimcommunity.com>

Information on Altenheim, Resource Services, calendar of events, blog, and a photo gallery

Contact us with questions about resources and issues concerning older adults and caregiving.

