



September 13, 2022

9-11

On September 11, 2001, four airplanes were hijacked by al-Qaeda extremists and suicide attacks were carried out against targets in the United States. Two planes were flown into the Twin Towers in New York City, one hit the Pentagon, and one was brought down just outside Shanksville PA after the passengers mounted an assault to stop the terrorists. Almost 3000 lives were lost and more have died from illnesses associated with the attacks. Let us pause to remember those who lost their lives, their families, first responders, and the brave passengers who thwarted a 4th attack.

Protecting the Vulnerable: Be Aware of Undue Influence

Undue Influence [“is influence by a person in a position of power, control, or authority over another person who is vulnerable in some way, which benefits a third party, most often the influencer”](#). The scammer can be family, friends, caregivers, professionals, or strangers. Undue influence can be exerted in person or online. Be attentive to changes in a person’s wishes that are different than previously expressed, new friends or family who have insinuated themselves into the person’s life, the person is increasingly isolated from others by someone who may benefit, or other suspicious circumstances. You can get information on undue influence on the [National Center on Law and Elder Rights](#) website.

[Sources: National Center on Law and Elder Rights, “Identifying Undue Influence”, June 2022, David Godfrey JD; Alzheimer’s TODAY, Volume 17 No 2, “Undue Influence: An Issue for Everyone”]

Disaster Preparedness

Floods. Land slides. Tornadoes. Hurricanes. Winter storms. Public attacks. Chemical emergencies. We are all vulnerable to weather emergencies and other disasters. Know your risks. What might you face? Do you have an [emergency plan](#)? Do you have an evacuation plan? Does your family have a meeting place that is easy to find? When preparing, don’t forget about medications, pet needs, and other necessities. FEMA offers [“An In-Depth Guide to Citizen Preparedness”](#) that can help guide you.

Captioned Phones

Do you or a loved one have hearing loss? Telephone use can be especially daunting for those with hearing loss but there are more accessible phone products and services available to consumers. Hearing aid compatible phones and voice/text/video relay services have been developed. Captioned phones offer the consumer a supplement to what they can hear with written captions on the telephone screen. Read more about [captioned phones](#). There are [many companies that offer caption phones](#) and consumers may be eligible for a free phone. Explore the options. Captioned phones can help combat the isolation of those with hearing challenges and may also offer some protection against telemarketers and scammers.

Moving Family In

Caregivers are faced with many difficult decisions and one of those may be whether or not to move a family member into their home. This is often a knee-jerk decision based on a crisis-induced need. Is this the right decision? Think about accessibility, how much care your loved one will need (can you do it?), finances, family dynamics, and family composition. Are there pets? What will the impact be on children in the home? On the care receiver? What if you want to go away? (Can your loved one go or do you need to arrange for care?) Today’s Caregiver offers some food for thought on [issues to consider](#).



September Is:

Suicide Prevention Awareness Month

Older adults make up 12% of the US population, but account for 18% of all suicide deaths. Older adults make up the fastest growing segment of the population which increases the concern for later-life suicides. Suicide rates for older people increase for the age group 75 to 84, and the number goes up after age 85. [The American Association for Marriage & Family Therapy](#) reports that elder suicide may be under-reported by 40% or more. "Silent suicides," like deaths from overdoses, self-starvation or dehydration, and "accidents" raise the numbers. If you or someone you know is in a crisis situation and need to talk to someone, dial 988 which is the Suicide and Crisis Hotline.

Healthy Aging Month

"If I'd known I was going to live this long, I would have taken better care of myself." It's never too late to start! What can you do to start improving your health? The Alzheimer's Foundation of America offers [suggestions for healthy aging and brain health](#). Eat well. (Foods that are heart healthy are also brain healthy.) Stay active. Get enough sleep. Watch your meds. Stop smoking. Drink alcohol in moderation. Get a memory screening. Those are just some basics. Read more about [ways to improve your physical, mental, social, and financial well-being](#).

World Alzheimer's Month

Alzheimer's Disease is the most common form of dementia affecting about 6% of people 65 and older and was the 6th leading cause of death in the US in 2019, falling to 7th in 2020 and 2021 when Covid entered the ranks of the top 10 causes of death. Alzheimer's is progressive and has no cure. Alzheimer's impacts not only the person with the disease but also their family and friends, and has a tremendous impact on health care costs. In 2022, Alzheimer's and other dementias will [cost the nation \\$321 billion](#). In 2021, more than 11 million Americans provided more than 16 billion hours of care valued at nearly \$272 billion.

Mountaineer Food Bank Mobile Pantry

There will be a food distribution at the Four Seasons Pool, 300 Mulberry Avenue, Moundsville WV on September 29, 2022 from 11am – 12:30pm (or as long as supplies last). This is for WV residents only. For more information, contact the [Mountaineer Food Bank](#) at 364-5518 or go to their website.

Up Coming Workshops

Fall workshop – A veterans workshop is scheduled for mid-October with 2 CEUs approved by the WV Board of Social Work. Details aren't finalized but if you would email your contact information to me at akoegler1995@gmail.com, I will send you registration information when it's available.

[Mental Wellness Workshop](#)

September 30 from 10am – 3pm at the Highlands Event Center, \$60. Questions: 304 242-3144

Up Coming Events

[Upper Ohio Valley Walk to End Alzheimer's](#)

September 25 at 1pm at Wheeling Park

Community Mobile Medical Unit

September 26 at Marshall County Family Resource Network, medical services include breast & cervical cancer screening, breast exams, and other reproductive health services. Call 724 705-3195 for information.



“Regular” Flu Season

Flu season is coming up and vaccinations are available. Consult your health care provider about your annual flu shot. Continue to be vigilant and proactive about your health. Wash your hands. Observe social distancing. If you're sick, stay home. Wearing masks is optional in many places but if you feel better wearing a mask, wear a mask! We don't know what health issues someone is facing nor do we know others' comfort levels. Be respectful.

COVID Vaccinations & Boosters

Check out [West Virginia availability](#). (Click Cancel to go to website.)

Check out [Ohio availability](#).

A new Covid booster has been approved and is now available at several pharmacies and local health departments.

Be an informed consumer. Talk to your physician and read about the vaccines. Make the choice that is right for your health considerations.

Local Adult Service Coalitions

Adult Service 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 akoegler1995@gmail.com

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

Jefferson County: 3rd Thursday at 3pm starr.decariarx@gmail.com

Harrison County: 4th Wednesday at 3pm tblanchard@iccare.com

WEST VIRGINIA

Brooke / Hancock County: 2nd Monday at 3pm tblanchard@iccare.com

Ohio / Marshall County: 2nd Wednesday at 2pm pcalvert@fsuov.com

Timely Resources for Readers

The Alzheimer's Foundation of America offers an [online Memory Screen](#) that takes only a few minutes to complete.

Alzheimer's information – the Alzheimer's Association has published the [2022 Alzheimer's Facts & Figures](#).

Moving family in - More information on moving a family member into your home is offered at the [VirginiaNavigator website](#).

Bookbub.com - Do you like to read? Do you have an e-reader? Check out [Bookbub.com](#). A friend introduced me to this site which has deals on all sorts of topics that cover cooking, history, biographies, mysteries, light reading, and much more for your e-readers.

Family Resource – A lot of people are interested in genealogy but sometimes the relationships are confusing. Have you ever wondered what a cousin “once removed” is? Check out the [Cousin Calculator](#) on the Family Search website for the answer to that question.

Autumnal Equinox – Thursday, September 22, 2022 at 9:03pm - The first day of fall. The word comes from the Latin 'aequus' meaning equal and 'nox' or night. On the equinox, day and night are roughly equal in length. After the autumnal equinox, days become shorter than nights. Get more information on the [Almanac webpage](#).



Altenheim Retirement Community

Altenheim Retirement Community
130 years of housing for older adults
1891-2021

Over 130 years in Wheeling

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.



Altenheim Resource Services

Altenheim Resource Services, a division of Altenheim Retirement Community

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

<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.

