

# RESOURCEFUL THINKING FOR CHANGING TIMES

## An E-Brief

Ann Koegler, Altenheim Resource Services

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April 2021

News in brief

### **Scams**

The AARP Bulletin (April 2021) has a great special report on scams. There are several “Hot Frauds” listed that give you information on what’s lurking in the dark trying to get your money and your identity.

One is the “*Medicare Card Come-On*” in which scammers contact potential victims claiming to be Medicare representatives. They offer pandemic-related services but you need to verify your Medicare number. Hang up the phone. Shut the door. Delete the email. Do not give out this information!

Another one is the “*Account Problem Text*”. You get a fake text message saying there is a problem with your Internet account, credit card, bank account, phone account (I’ve gotten this one!), or other. We don’t expect to get scammed on our text messages but don’t get fooled! Do not click on anything. If you want to check on the status of your account, call your bank or your credit card’s customer service and ask them to verify.

Be warned that the “*Sweetheart Scams*” are making the rounds. The scammers are on dating sites, Facebook, in prayer groups and in book groups. They’re in online game groups. Don’t forget that anyone can assume any identity online, so do not assume you’re getting an accurate “picture” or description! Do not send money or gift cards. Do not send personal information including passwords, account numbers, or other personal numbers. See the [LEDE News](#) article on “Catfishing”.

If you get scammed, report it to the [Federal Trade Commission](#), the [FBI](#), and your state’s Attorney General’s office. You can find contact information for your state’s Attorney General at the [National Association of Attorneys General](#) website. Anyone anywhere is a target. Stay alert!

[Source: AARP Bulletin, April 2021, Special Investigative Report, “Lessons from Inside the Fraud Factory”, Doug Shadel with Neil Wertheimer]

### **Virtual Meetings**

We’ve been meeting virtually for over a year. During this time, we’ve seen many examples of what to do on virtual meetings and what not to do on virtual meetings.

- Be aware of video guidelines regarding lighting and backgrounds
- Be aware of where our housemates, children, and companion animals are. (I bet we all have stories on this!)
- Be aware of what we’re wearing.
- Be aware of what we’re doing. (If we’re eating, mute the audio and cover the camera.)
- Know the basic functions such as how to mute the audio and turn off the video. You can also cover the camera on your laptop. (I use a ruler to cover my camera.)
- Facilitators and presenters have preferences on interacting so know where the chat icon is.

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- Do you change your background? You can use your own pictures but watch how you frame the scene or your logo. You don't want a tree growing out of your head or an oddly placed logo.

There are so many more examples! What other aspects of virtual meetings do you wish people would observe? What stories do you have about virtual meetings? What have you found to be "Zoom Dos and Zoom Don'ts"? Email me at [akoegler1995@gmail.com](mailto:akoegler1995@gmail.com) and I will share your thoughts in the next issue! Share your tips and stories!

## **Gov Justice signs Telehealth Legislation**

WV Governor Jim Justice signed legislation that will allow healthcare providers licensed in other states to provide telehealth services to residents of West Virginia. Gov. Justice had expanded West Virginians access to telehealth last year due to the pandemic, and this order makes telehealth reform permanent.

## **Vaccinations – West Virginia & Ohio**

Pre-registration is open to all **West Virginia** residents over the age of 16. The WV DHHR states that vaccine supplies are limited so pre-registration does not mean immediate access to the vaccine. Vaccines are available in all 55 counties through community health centers, pharmacies and/or schools and workplaces. To view the list of upcoming clinics, go to [www.dhhr.gov](http://www.dhhr.gov) and click on Vaccine Clinic Information. **Ohio** - You can learn more about Ohio's roll out plan at <https://www.coronavirus.ohio.gov>. Appointments can be made at <https://www.gettheshot.coronavirus.ohio.gov>. Vaccinations are available across the state.

## **New Home Care Agency in Wheeling**

We have a new home care agency in Wheeling that can assist care receivers with numerous services. The [Village Caregiving](http://VillageCaregiving.com) office is located at 200 Warden Run Road, Suite 200. The agency covers most of WV and also provides services in Indiana, Kentucky, Pennsylvania and Ohio. In home services such as light housekeeping, meal prep, personal care and other services are provided to care receivers. Contact Tiffany Jones at [tiffany@villagecaregiving.com](mailto:tiffany@villagecaregiving.com) for more information. The agency is also hiring.

## **NAMI Wheeling Rummage Sale**

NAMI Wheeling will hold its annual Rummage Sale at First Christian Church Wheeling, 1343 National Road, Wheeling on May 15 starting at 8am. Contact [NAMI Wheeling](http://NAMIWheeling.com) for information. Let's go shopping!

## **Helping Heroes Has Office in Wheeling**

Helping Heroes has moved to 2005 Eoff Street, Ste 200, Wheeling. Their phone number is 304 232-0114. The new site will offer a shelter for homeless veterans as well as other supportive services for at-risk veterans.

## **Change in Ohio Licensure Law**

Changes in Ohio law (HB 33) "requires a licensee of the [Counselor, Social Worker, and Marriage & Family Therapist Board](http://Counselor,SocialWorker,andMarriage&FamilyTherapistBoard.com) to report animal abuse when they become aware of abuse while engaged in work requiring the license". For information, go to the Board's website.

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## **Altenheim Resource Services**

Do you need information on aging issues such as dementia or on resources for supportive services? The pandemic has changed services and how they are delivered. You can reach Ann at 304 280-8701 (please leave a message), through email ([akoegler1995@gmail.com](mailto:akoegler1995@gmail.com)) or through our website ([www.altenheimcommunity.com](http://www.altenheimcommunity.com)). Free and confidential.

## **Altenheim Retirement Community ~ Celebrating 130 Years**

We have 8 cottages for independent adults 65 and over. For more information or to request an application, contact Executive Director George Dakovic at 304 242-3340. Check out pictures of the [Altenheim Retirement Community](#) in our website's Photo Gallery.

\*We are excited to be observing the 130<sup>th</sup> Anniversary of the Altenheim Retirement Community. Founded in 1831 by Wheeling brewer, Altenheim Home for the Aged was established for older women who were retired but had few resources for taking care of themselves. There were no pension plans, there was no Social Security, and there wasn't a lot in the way of savings options – especially for older, unmarried women.

Many of the first residents were of German descent but did not want to return to Europe when they retired. Mr. Reymann saw a need in the Wheeling community, and established an endowment to purchase the Mount Belleview Hotel and turn it into a home for retired women. The Home opened in 1831. Below is a picture of our first matron and residents of Altenheim.



In 1949, the Boards (Men's and Women's) opted to purchase "Uplands" which was the family home of John O. Schenk who among many ventures owned Ohio Valley Meat Packing. The home was moved and opened its doors in 1950, moving the residents of the former Mt Belleview location to the new location. Private rooms with private baths were offered in-house until 2008 when the Board's focus broadened to developing independent cottages for women, men and couples. Three A-frame cottages were completed in 2008. Three additional cottages were completed in 2012 and two more in 2014. The main building is now used for Administrative offices and resident activities.

