



September 10, 2021

### **Take a Moment to Remember**

9-11-2001. Twenty years ago. Many of us remember where we were and what we were doing when the news of the attack was broadcast. Stop for a moment and lift up those who lost their lives on 9-11, their families, the first responders, the survivors, everyone who was impacted by this. Heroes stood up to the challenge. Lives were lost. Innocence was lost. But we came together as a nation. We were united in common grief. Let us stand united, pause for a moment, and remember.

### **Heartbeat Calculator**

Our health care professional takes our weight, blood pressure, and pulse rate when we have our physical check-ups. Did you ever think about how many times your heart beats in a month? A year? In your lifetime? Check out the [Heartbeat Calculator](#) from the Science Museum of Minnesota to find out your estimated numbers.

### **Alzheimer's Today magazine**

[Alzheimer's TODAY](#) (formerly AFA Care Quarterly) is the Alzheimer's Foundation of America's magazine for caregivers of individuals living with Alzheimer's disease and related illnesses. Information is offered from professionals and family caregivers and includes personal stories and tips on health and wellness.

### **WVU Lunch & Learn Fall Schedule Announced**

Dr. Mary LeCloux has announced the fall [Lunch & Learn schedule](#). The virtual sessions are an hour and offer 1 CEU for social workers.

### **Wellness Program Offered**

"Laughter for the Health of It" will be presented by Kathryn Thalman in a virtual program sponsored by West Virginia Wellness Inc. The program will be offered on September 16, 2021 from 6:30pm – 8:00pm. For more information, contact [westvawellnessinc@gmail.com](mailto:westvawellnessinc@gmail.com).

### **Blessing Box Update**

The last Blessing Box was placed at the Greggsville Playground in Wheeling. There are Blessing Boxes in Warwood, Elm Grove, Valley Grove, and in other areas. "Take what you can. Leave what you can." There is more information on the Ohio County Food Security Team and the Blessing Boxes on the [Ohio County FRN website](#). See how you can help.

### **Home Delivered Meals**

[Family Service Upper Ohio Valley](#) offers home delivered meals to older adults in need in Ohio and Marshall counties in WV. Perhaps it's a long term need or perhaps it's short term need. Shelf-stable food boxes are also provided as we deal with the pandemic and with the upcoming winter weather. Click on the link or call 304 233-2350 for information.

[Catholic Charities WV](#) offers a home delivered meal program for qualified individuals in WV.

[Senior Services of Belmont County](#) offers home delivered meals to qualifying individuals in Belmont County.



### **Other Meal Sources**

\*[The Wheeling Soup Kitchen](#) offers hot meals and a meal to go. Call for information at 304 233-2992.  
\*There are regular food distributions in Ohio county, WV and in Belmont county, Ohio. Contact the Ohio County Family Resource Network for information on WV distributions (304 232-5600) and the Bellaire Salvation Army for information on Belmont county distributions (740 676-6225).

### **Food Insecurity & Food Pantries**

There are several food pantries in our area that help address the problem of food insecurity. \*There is information on food assistance in Marshall County through the [Marshall County Family Resource Network](#) website.

\*[The House of the Carpenter](#) offers a food pantry. Check the website for information.

\*St James Lutheran Church also offers food. Call the church for information on distribution at 304 232-6511.

\*St Matthew's Church in Wheeling offers a food pantry. Call for information at 304 233-0133.

\*The Daily Bread Center in Martins Ferry is available for Belmont County residents. Call 740 609-3063.

\*The Saint Clairsville Area Council of Churches Food Pantry can be reached at 740 695-1734.

\*Urban Mission Ministries in Steubenville serves Jefferson county, Ohio. Call them at 740 282-8010 or email them at [mail@urbanmission.org](mailto:mail@urbanmission.org).

### **Food Resources Notes**

Please contact the meal and/or food resources for their safety practices and hours of operation. This is NOT a complete listing of food resources.

### **Get Ready for the Annual Enrollment Period**

The [Medicare Annual Enrollment Period](#) (AEP) will run from October 15, 2021 through December 7, 2021. During this time, beneficiaries have the option of changing their Part D Prescription product for 2022 as well as making other Medicare and/or Medicare Advantage changes. Beneficiaries will soon be receiving their current product's Annual Notice of Changes so they can begin to prepare for the upcoming AEP.

### **Holiday Baskets**

Holiday basket sign-ups will begin soon. For those who need Thanksgiving or Christmas baskets, it will be necessary to register by the end of October. Those who register will need to provide photo ID, proof of income, proof of residency, working telephone number, and for those Kinship Families who are registering, proof of guardianship is required. If people are registering through the Salvation Army, I've been told that they also need information on income and expenses. For those who request gift items, some organizations offer items for 0 – 17 years and others are 0 – 12 years. For more information, contact Information Helpline at 304 233-6300.

### **Disaster Preparedness**

We are seeing many more instances of violent weather and environmental disasters. People are being evacuated from their homes with very little notice. Are you ready in case a disaster strikes your area? Do you have water? Medications? Important papers? Your pet's vaccination records? Get information on what you need to be prepared in case of emergency. [Ready.gov](#) can help you get ready.



### **Taking Care of Yourself**

Regardless of our circumstances, we need to take care of ourselves. It's not selfish to allow some time where you can relax and take a deep breath. Check out the [Psychology Today article](#) for more information.

\*For a mini-relaxation beginning - Start your day with deep breathing. It helps you focus and it helps you get grounded. Being grounded means that you are present and connected. Being grounded helps you feel centered and balanced, and better able to focus no matter what is going on around you. You won't be magically calm and collected, but you may find that you are better able to face your day.

\*Next, practice mindfulness. Be aware of the scents, the sounds, the experience of the moment. Don't worry about what the next hour will bring and don't think about what could have been. Focus on the "now".

### **Some Activities to Consider**

\*Have you considered taking a day trip or going for a short get-away? [Onlyinyourstate.com](#) allows you to sign up for information on places and events in the state(s) of your choice. Check it out!

\*Don't forget about reading! Many libraries are open and many are offering curb services. Many offer digital reads also.

\*If you have an e-reader, you can get free books, inexpensive books, books on all topics, and current releases. Take a trip without leaving your chair! Check out [Book Bub](#) for books on all topics. And, of course, you can find books from your e-reader's company.

\*Keep in touch with friends and family. Connectedness is important to our mental well-being.

Facetime, Zoom, send an email, mail a card through snail mail, send a picture – connect with others.

\*Several agencies are offering virtual wellness programs.

### **Vaccination Information Available**

Covid vaccines are widely available for all age groups.

Check out [West Virginia availability here](#).

Check out [Ohio availability here](#).

### **Workshop "Save the Date"**

Our workshop committee is working on a combined ethics and veteran workshop to be held on October 26, 2021. We hope to offer the workshop in person. CEUs have been requested from the WV Board of Social Work. Information will be provided for participant registration once details are finalized.

### **Hiring**

There are many job opportunities including the following:

**Family Service Upper Ohio Valley** – in home caregivers, other positions. Contact Paula at [pcalvert@fsuov.com](mailto:pcalvert@fsuov.com)

**IC Care** – experienced in home caregivers. Contact Tate at [tblanchard@iccare.com](mailto:tblanchard@iccare.com)

**Interim HealthCare** – RNs. Contact Karen at [kcraig@interim-health.com](mailto:kcraig@interim-health.com)

**Visiting Angels** – in home caregivers. Contact Melissa at [mevick@visitingangels.com](mailto:mevick@visitingangels.com)

**Welty facilities (Good Shepherd Nursing Home, The Welty Home)** – RNs, LPNs, aids. Contact Randy at [rforzano@weltyhome.org](mailto:rforzano@weltyhome.org)

**WVU Hospitals, physicians & Continuous Care Center of Wheeling Hospital** – several positions are listed on the [WVU Medicine website](#).

There are also positions available in retail, restaurants, resorts, and in many other agencies and businesses.



Altenheim Retirement Community

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



*Altenheim Retirement Community is located behind our Main House at 1387 National Road, Wheeling.  
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.  
George A. Dakovic, Executive Director [gam.dakovic@gmail.com](mailto:gam.dakovic@gmail.com)



Altenheim Resource Services

*Altenheim Resource Services, a division of Altenheim Retirement Community*  
Offering information on aging, services and resources for older adults and caregivers for over 25 years  
Free & confidential information and no geographic limitations

Ann Koegler, M.A., L.S.W., Resource Services Coordinator [Akoegler1995@gmail.com](mailto: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.**

