



July 18, 2022

### **988 Suicide & Crisis Lifeline**

988 has been designated as the new three-digit emergency number that will route a call to the National Suicide Prevention Lifeline. When people call, text, or chat 988, they will be connected to counselors that are part of the National Suicide Prevention Lifeline. The current Lifeline phone number (1 800 273-8255) will remain open, according to the [988 Lifeline page](#). According to the National Center on Law & Elder Rights, callers will be directed according to need. After dialing 988, a caller in need of the Veterans Crisis Line can press “1” to be routed to that resource. A caller in need of Spanish can press “2”. Interpretation is available in other languages. For those who have hearing impairment, TTY can be accessed by dialing 711 then 1 800 273-8255 or by using their preferred relay service.

### **CTE: Chronic Traumatic Encephalopathy**

CTE is a [progressive degenerative disease](#) of the brain. This is found in people with a history of repetitive brain trauma including symptomatic concussions or asymptomatic concussions (those without symptoms). You may have heard about boxers who suffered from “punch drunk syndrome” or dementia pugilistica. CTE has been confirmed in football (most recently [Demaryius Thomas, retired NFL wide receiver](#)) and hockey ([Scott Vermillion, major league hockey player](#)), as well as in military veterans who have had repetitive brain trauma. [Mike Webster and Justin Strzelcyk \(Pittsburgh Steelers\), and Christopher Benoit \(professional wrestler\)](#) all suffered from the effects of CTE – memory loss, confusion, impulse control problems, aggression, anxiety, suicidality, and progressive dementia.

### **Gas Scams**

[Fuel cards for \\$1.95? Nope!](#) If you see a post on social media claiming that a gas station is offering fuel cards for a small shipping fee, be aware that this is one of the scams that has been making the rounds. Speedway and Shell are two fuel brands that have been mentioned in the scams. The scammer will most likely ask for a credit card so they can bill the shipping fee. As you can imagine, the credit card gets charged for much more than a small shipping fee. The scammer may also ask you to fill out a form. Be cautious. Don’t fall for this scam! Another gas scam is the use of a “skimmer” which is a device that is inserted into the credit card slot to steal your information.

### **Heart Disease and Women**

Did you know that heart disease is the leading cause of death for women in the US? “Historically, heart disease was thought of as a man’s disease, but the science has proven otherwise” and “Mortality rates show heart disease kills more women than do all forms of cancer combined” according to Stacey E. Rosen, MD, FACC, FACP in the July/August 2022 issue of Today’s Geriatric Medicine. Read the article [“Differences in Women’s Heart Health”](#) by Lindsey Getz.

### **The New Outbreak: Monkeypox**

According to the Centers for Disease control, [Monkeypox](#) is caused by a virus that is in the same family of viruses as smallpox. It is not related to chickenpox. Symptoms can include: fever, headache, muscle aches and backache, a rash that can look like pimples or blisters that appears on the body, and/or exhaustion. Monkeypox is spread through direct contact with the rash, respiratory secretions during prolonged contact or contact with items that have been exposed to body fluids. [Prevention steps](#) are listed on the CDC website, and can include vaccination. Talk to your health care professional.



### **Sandy O’Haver Day of Caring – United Way Upper Ohio Valley**

The 31<sup>st</sup> Annual Sandy O’Haver Day of Caring, a day of volunteer activities, is coming up quickly. The event is named in honor of Sandy O’Haver who was with the United Way UOV for almost 40 years before her retirement. Sandy, who retired when serving as Associate Director, organized the first local Day of Caring in 1991. If you are interested in hosting a project or if you want more information, email [mtaylor@unitedwayuov.org](mailto:mtaylor@unitedwayuov.org). Project submissions must be received by July 29.

### **Up Coming Workshops**

*Eating Disorders: Signs, Symptoms, Screening, Referral* – July 21, 2022 – Webinar - 1:30pm – CEU – Sponsored by Mission WV

Registration: [https://us02web.zoom.us/webinar/register/WN\\_6jyUDPStTGSGpUMbfZGbrg](https://us02web.zoom.us/webinar/register/WN_6jyUDPStTGSGpUMbfZGbrg)

*Self Harm 101* – August 3, 2022 – 2:00pm – Webinar – CEU - Sponsored by Mission WV

Registration link: [https://us02web.zoom.us/webinar/register/WN\\_7DoGKTnJTm-6YJhxirEDeg](https://us02web.zoom.us/webinar/register/WN_7DoGKTnJTm-6YJhxirEDeg)

*Fall workshop* – our workshop committee is busy getting a workshop organized for fall. You can email your contact information to me at [akoegler1995@gmail.com](mailto:akoegler1995@gmail.com) to receive updates on workshops.

### **Up Coming Events**

*Mountaineer Food Bank* – Hancock County – July 22, 2022 from 11am – 1pm at the Fire Department / Community Bldg, 717 Washington Street, Newell WV. For more information: 304 364-5518 or the [webpage](#).

*Sunset Senior Fair* – August 31, 2022, 5pm-8pm, Heritage Port, Wheeling

*Community Shred & E-Cycling* – September 10, 2022 from 9am – 1pm at St Michael Angelus Center, 1225 National Road, Wheeling WV. For more info, call 330 454-9401 or [go to the website](#).

### **COVID-19**

Covid continues to wear us down with the subvariants’ prevalence. The BA.5 Omicron is the latest subvariant and is [one of the dominant strains in the US](#). Continue to be vigilant and proactive about your health. Wash your hands. Observe social distancing. If you’re sick, stay home.

### **Vaccinations & Boosters**

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

The Centers for Disease Control offers a great deal of [information about the COVID vaccines](#). 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: 1<sup>st</sup> Thursday at 11am [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 [starr.decariarx@gmail.com](mailto:starr.decariarx@gmail.com)

Harrison County: 4<sup>th</sup> Wednesday at 3pm [tblanchard@iccare.com](mailto:tblanchard@iccare.com)

#### **WEST VIRGINIA**

Brooke / Hancock County: 2<sup>nd</sup> Monday at 3pm [tblanchard@iccare.com](mailto:tblanchard@iccare.com)

Ohio / Marshall County: 2<sup>nd</sup> Wednesday at 2pm [pcalvert@fsuov.com](mailto:pcalvert@fsuov.com)



## Timely Resources for Readers

### **Chronic Traumatic Encephalopathy**

Protect the Brain, Brain Injury Research Institute, <http://www.protectthebrain.org/>  
BU Research CTE Center, <https://www.bu.edu/cte/about/>  
Check out the 2015 movie "Concussion" with Will Smith. Read [the story](#) behind the movie.

### **FEMA Webinars Catalogue**

FEMA Region 2 offers webinars on a variety of topics related to community preparedness. They have just released a catalogue of their archived webinars for January – June 2022.

[https://content.govdelivery.com/attachments/USDHSFEMA/2022/07/12/file\\_attachments/2209755/Mid-Year%20Webinar%20Catalogue%202022.pdf](https://content.govdelivery.com/attachments/USDHSFEMA/2022/07/12/file_attachments/2209755/Mid-Year%20Webinar%20Catalogue%202022.pdf)

You can find more archived webinars on the [FEMA website](#).

### **Automotive Consumer Protection**

There are automotive issues you need to observe as a wise consumer.

Buying a car online: Better Business Bureau:

[https://www.bbb.org/article/news-releases/22550-bbb-tip-buying-a-car-online?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=buying%20a%20car%20online&utm\\_campaign=scam-alert](https://www.bbb.org/article/news-releases/22550-bbb-tip-buying-a-car-online?utm_source=newsletter&utm_medium=email&utm_content=buying%20a%20car%20online&utm_campaign=scam-alert)

Buying a Used Car: Better Business Bureau

[https://www.bbb.org/article/tips/14088-bbb-tip-buying-a-used-car?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=buying%20a%20used%20car&utm\\_campaign=scam-alert](https://www.bbb.org/article/tips/14088-bbb-tip-buying-a-used-car?utm_source=newsletter&utm_medium=email&utm_content=buying%20a%20used%20car&utm_campaign=scam-alert)

### **Today's Geriatric Medicine**

This magazine offers information on trends, clinical issues, and other topics relevant to those who treat and work with older adults. You can [order a free subscription](#) to the bi-monthly magazine.

### **Mental Health**

[National Institute of Mental Health/National Institute of Health](#)

[National Alliance on Mental Illness](#)

[Substance Abuse and Mental Health Services Administration](#)

### **Covid BA.5 Subvariant**

[BA.5 doesn't care that you just had Covid-19](#), Vox  
[5 Reasons to Beware the BA.5 Omicron Subvariant](#), AARP

### **Hiring**

- *Amedisys Hospice: MSW needed.* Contact Whitney Workman at 740 526-0970.
- *Mulberry Street Management* (Coordinating Council for Independent Living) is hiring in all 55 West Virginia counties for Direct Care Workers. There is a sign-on bonus right now. The company is also 100% employee owned now so hirees can become part of the company ownership in time! Apply: [moundsvillejobs@mulberrystreetmanagement.com](mailto:moundsvillejobs@mulberrystreetmanagement.com) or go to [westvirginiaschoice.com](http://westvirginiaschoice.com).
- [IC Care](#): Experienced in-home caregivers
- [Visiting Angels](#): In-home caregivers
- *Family Service-UOV*: drivers, in home caregivers. Contact Paula Calvert at [pcalvert@fsuov.com](mailto:pcalvert@fsuov.com)
- [Good Shepherd Nursing Home](#): contact HR at 304 242-1093
- *Hancock County Senior Services*: Transportation & Maintenance Manager, Transportation Drivers, In Home Care Workers. 304 564-3801



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](mailto: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](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.

