



June 9, 2022

Medicare Fraud Prevention Week

June 5 – 11 is Medicare Fraud Prevention Week, a time that focuses on things everyone can do to help prevent fraud, abuse, and errors in the Medicare system. Medicare loses an estimated \$60 BILLION a year due to fraud, abuse, and errors. Review your Explanations of Benefits Statements and note inaccuracies. Keep a record of visits and services, and compare your list to the claims on the Explanation of Benefits. Contact the [Senior Medicare Patrol office in your state](#) or region for more information or for assistance. The Senior Medicare Patrol has been helping beneficiaries and families with Medicare issues for 25 years.

June 15 – National Elder Abuse Awareness Day

Elder Abuse Awareness Day was established to call attention to a problem that exists across all age groups and across all economic classes. Elder abuse takes many forms by abusers who may be family, friends, caregivers, or total strangers. Learn more about elder abuse on the [National Institute on Aging](#) website. Call 911 or [your state's abuse hotline](#) to report abuse.

Scam Updates

Scams can impact everyone. Stay informed. Be safe.

- *Energy Audits*: Beware of scammers claiming to be representatives of a utility company or a government agency offering to do an energy audit of your home to help you save money on your utility bill. They may call or they may show up at your door. They will offer equipment to help you cut energy costs or they may offer to lower your bill. Read more about this [energy audit scam](#) that is just in time for air conditioning season!
- *Sportsbetting scams*: Scammers posing as handicappers for sports betting may not be legitimate. If you are using a handicapper (someone who studies and wagers on events), make sure you are working with a legitimate source. Check the [American Gaming Association's](#) website for gaming laws and other information.
- *Home repair scams*: These scams can hit us any time of year but spring and summer offer Moments of Opportunity for those seeking to take advantage of home owners. Driveway finishers, roofing, yard clean up, and any number of other tasks that need completed can be gateways for a scammer to take advantage of you. AARP gives [hints](#) for avoiding home repair scams.

Medicare Enrollment Extended

If you were unable to enroll in Medicare since the start of 2022 due to an inability to contact the Social Security Administration, you can request extra time to enroll even if our enrollment period has passed. To enroll using the equitable relief designation, visit a Social Security office or call 800 772-1213. You can contact your [local State Health Insurance Assistance Program](#) for help.

CrimeStoppers Upper Ohio Valley

There's a new program in the area that engages citizens to provide anonymous information about criminal activity in Upper Ohio Valley communities. Tips are confirmed and passed to the proper authorities, assisting law enforcement in keeping our communities safer. The anonymous tip line (**877 TIPS4US**) is answered 24/7/365 by local law enforcement. Check out the [CrimeStoppersUOV website](#) for more information or call the administrative phone at 304 907-9373. CrimeStoppers Upper Ohio Valley is administered by Information Helpline, a 501 (c) 3 nonprofit.



Brooke Hancock Family Resource Network

The Brooke Hancock Family Resource Network (FRN) has a Resource Manual that is available online and there is a "print" version as well. The [Resource Manual](#) has information about services in Brooke and Hancock counties.

Brooke Hancock FRN Community Pantry

The Brooke Hancock Family Resource Network has a [Community Pantry](#) that is open to residents of Brooke and Hancock counties. They have non-perishable food items, household cleaning supplies and hygiene supplies. There is also a baby pantry stocked with diapers and wipes.

Blessing Box in Elm Grove Moving

There are several [Blessing Boxes around Ohio County WV](#), offering non-perishable food, cleaning supplies, and personal care items. The Box that was located at Bridge Street Middle School is being moved to the Wheeling Fire Department Station 11 at 131 East Bethlehem Blvd at the corner of East Cove Avenue. The move will take a few weeks as the site is prepared.

The Fair Housing Act: Rights & Remedies – Free Virtual Program

The program presented by Fair Housing Law Center, a project of Southwestern Pennsylvania Legal Aid will be presented on Wednesday, July 20, 2022 from 2pm – 4pm via Zoom. The program will present an overview of the Fair Housing Act, discussion of prohibited practices, and review examples of discrimination. Registration is required. Register using the following link:

https://us02web.zoom.us/meeting/register/tZYld-ysqDItHNA_wKVRMfEMUT6Py2bLyMCR

Questions? Contact the Ohio County FRN at 304 232-5600.

Mountaineer Food Bank

There will be food distribution at the Wheeling Island Casino, parking lots C & D, on June 22 for West Virginia residents from 11a – 1pm or while supplies last. Questions? Call Claudia at the Ohio County FRN office (304 232-5600).

Ethics at End of Life Workshop

This free workshop will be held at Altmeyer's, 154 Kruger Street, Wheeling WV on June 23, 2022 from 9am – 10am. The WV Board of Social Work has approved the credit for 1 CEU counting for the Ethics requirement. Go here to register:

<https://www.altmeyerfuneralhomes.com/end-of-life-ethics/>

Covid Vaccination Information Available

Covid vaccines and boosters are widely available for all age groups.

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.

More on Vaccinations

Vaccinations have been around for a long time with the smallpox vaccine being the first to be developed in 1796 by Dr. Edward Jenner. Many of us remember the polio vaccine administered on a sugar cube when we were in grade school. There is an immunization schedule that starts when we are very young, and vaccinations continue throughout our lives. Older adults need to consider other vaccinations as the immune system weakens as we age, and it can be more difficult to fight off infection. The Centers for



Disease Control & Prevention offers an [Adult Immunization Schedule](#) for Ages 19 and older with information on vaccines based on age, medical conditions, and contraindications plus other considerations. Another site with vaccine information is the [HHS.gov Immunization](#) site. Vaccines have helped prevent disease and infections and can be significant positive preventive measures in maintaining our health. As with any important medical decisions, discuss immunizations with your primary health care provider.

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 We will be meeting on July 7.

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

Our Sympathy

Our sympathy to the family of Jean Carson who died on May 25.

Timely Resources

Medicare Fraud Prevention Resources

Learn how to read [your Explanation of Benefits](#) statements.

[My Health Tracker](#) helps you record details of appointments.

Mandated Reporting for Abuse

Many professionals are mandated reporters which mean they are required by law to report abuse. Do you know [your state's reporting laws](#)?

Weather Resources

Are you weather watcher? The [National Weather Service](#) offers updates on alerts, forecasts, and more. The [National Hurricane Center](#) keeps us updated about storm and hurricane formation.

June is Pet Preparedness Month

Don't forget your pets when you are making your Emergency Plans. The American Red Cross offers [information on creating a pet emergency plan](#).

Hiring

- Amedisys Hospice: MSW needed. Contact Whitney Workman at 740 526-0970.
- [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
- Interim Health Care: contact Karen Craig at kcraig@interim-health.com
- [Good Shepherd Nursing Home](#): contact HR at 304 242-1093
- Ohio County FRN, Family Support Center Director. [Apply through Indeed](#).
- Ohio County FRN, Children's Programming Coordinator. [Apply through Indeed](#).
- [Weirton Medical Center](#), [WVU Facilities](#), [East Ohio Regional Hospital](#), [Trinity Health](#) have positions listed.



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

Offering information on aging, services and resources for older adults and caregivers 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.

