

October 17, 2022



New Alzheimer's Drug

Biogen and Japanese partner Eisai announced that a large study showed its drug could significantly slow the progress of memory-loss diseases. Early research showed cognitive decline in the group of volunteers who received *lecanemab* was reduced by 27 percent compared with the group who received a placebo in the clinical trial, which enrolled nearly 1,800 participants with mild cognitive impairment or mild Alzheimer's disease. Researchers are hopeful that this drug will be a turning point in Alzheimer's care. Read more about the approval in the [article in The Guardian](#).

Inflation Reduction Act Offers Provisions for Medicare Beneficiaries in Coming Years

Approved by both chambers of Congress, the legislation will help lower prescription drug costs by:

- Capping out-of-pocket spending at \$2000.00 starting in 2025
- Capping 30-day supplies of insulin at \$35.00 per month starting in 2023
- Making most vaccines free beginning in January 2024
- Premiums for Medicare Part D insurance plans will not increase more than 6% through 2029
- Income threshold to qualify for a Part D subsidy will be increased in 2023
- Negotiating prices of 10 high-cost prescription drugs beginning in 2023 with prices going into effect in 2026
- The number of drugs whose prices will be negotiated will increase in 2027-2029
- For those who buy insurance through the Marketplace, federal premium subsidies will be extended through 2025

Read about the changes in AARP article "[The Inflation Reduction Act and Your Health](#)".

Medicare Open Enrollment

It's here! Medicare's Open Enrollment is open and runs from October 15 – December 7 of each year. During this time you can join, switch, or drop a plan. Beneficiaries have the opportunity to change Part D plans, Medicare Advantage plans, and other adjustments to their health coverage. Use this time to check your coverage. Do you need to change your prescription plan? Are your medications covered? Are you considering a shift to an Advantage plan? [Learn more about your options](#). You can get help from your local State Health Insurance Program counselor as well as local brokers who are able to help you make the best decision for YOUR needs. Be your own best health care advocate! Changes must be made by December 7, 2022 and go into effect on January 1, 2023.

Social Security Increase Largest Since 1981

Social Security and SSI benefits will increase 8.7% in 2023, as [announced by the Social Security Administration](#). On average, benefits will increase by more than \$140 per month starting in January. Most Medicare beneficiaries will not have an increase in Medicare premiums in 2023. In addition, the maximum amount of earnings subject to the Social Security tax will increase to \$160,200.00.



Medicare Compare

Did you know that Medicare [combined their eight Compare tools](#) offering one site to help consumers choose health care providers? You can find information on nursing homes, physicians, home health, and other health care providers and do comparisons of Medicare's ratings. The tools offer consumers the opportunity to look at key indicators and help determine what will best fit their needs.

What is Aphasia?

[Brain & Life E-zine provides the answer to that question](#). Two million Americans live with some form of aphasia which is a communication disorder caused by damage to the areas of the brain that are responsible for language. The acquired communication disorder impairs language processing but does not affect intelligence. Aphasia usually comes on after stroke or head injury but it can also develop more slowly.

Covid Infections and Brain Problems

Science Daily reports in the article "[Covid-19 infections increase risk of long-term brain problems](#)" (September 22, 2022) that those who have had Covid-19 are at increased risk of developing a number of neurological issues in the first year after the infection. The research was conducted by Washington University St Louis, and indicated problems such as stroke, migraines, depression, and cognitive issues.

Long Covid Supports

Some people who have had Covid suffer long term symptoms, and it is estimated that [one in five adults develop long Covid](#). People may have had financial challenges because of an inability to work or other circumstances caused by Covid. [Information on Income Supports, Housing, Access to Health Care, and Consumer Protection](#) are available from the National Center on Law & Elder Rights in their resource guide for accessing benefits and supports for long Covid.

Breast Cancer Awareness Month

Too many of my friends and family (female AND male) have been diagnosed and treated for breast cancer. Do your self-exams. Get your mammograms. [Learn more](#). Be proactive with your breast health. It's not just a woman's disease!

Disaster Preparedness

After the disastrous damage done by Hurricane Ian in late September / early October, we are reminded that we need to be prepared for disasters. We have seen several tornadoes and other catastrophic high wind events in our area. Winter weather can subject us to ice storms with power outages and other cold weather hazards. Heavy rains can cause flooding and flash flooding. [Ready.gov](#) gives us suggestions that help us get prepared.

Combatting Costs with Roommates

As costs rise, we may want to consider sharing homes. Sharing space, sharing costs, and sharing responsibilities may be a way to stay as independent as possible while maximizing combined resources. (I've been talking to friends about this for years!) Now there are services that help connect those who want to share space. "[The New Golden Girls](#)" in Next Avenue explores this option with tips on finding roomies and also gives links to companies that may be helpful

Text Scam

Have you gotten a text indicating there's suspicious activity in your account? They may ask you to reply "yes" or "no". When you click that answer, the scammer knows they have connected to an active



account. They may then call you and claim to be a bank representative who can help with the fraudulent charges. With the information you provide, they can access your account. Read the Better Business Bureau's article on "[BBB Alert: Responding to that phony bank text message can cost you thousands](#)".

COVID Vaccinations, Boosters, Flu Shots

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

Check out [Ohio availability](#).

An updated Covid vaccine is now available at several pharmacies and local health departments.

Annual flu shots are available at several pharmacies in the area.

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 at Senior Services of Belmont County, 67650 Oakview Drive, St Clairsville OH 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 2pm tblanchard@iccare.com *Note: meeting location has changed to the Brooke County Senior Center, 948 Main Street, Follansbee WV and the start time is 2pm.*

Next meeting: November 14, 2022

Ohio / Marshall County: 2nd Wednesday at 2pm at Family Service-UOV/Ohio County Senior Center, 2200 Main Street, Wheeling WV pcalvert@fsuov.com

Timely Resources for Readers

Free Books – Here are some additional reading options. These sites offer free e-books to download to your tablet, smartphone or computer.

Your local library. (The Ohio County Public Library has a home delivery outreach program with delivery of books and library materials to your door. Contact the library for information at 304 232-0244 and ask for Julia Bachmann, Outreach Services Specialist. The library also has digital collections. Check your local library to see what services are offered.

Project Gutenberg – www.Gutenberg.org

Library of Congress – www.loc.gov/collections

Romance – www.harlequin.com/articlelist.html

Goodreads Free Shelves – www.goodreads.com

[Source: Get Books for Free, AARP Bulletin, October 2022]

Aphasia – Get more information from the [National Aphasia Association](#) on the disorder. Gabby Giffords was running for Congress in January 2011, when she was shot, the bullet striking her above the left eye with the bullet going into the left hemisphere of her brain. The area that controls speech. Read about [her experience and her therapy](#).

Health care scams cost Americans over \$60 billion annually. [Learn how not to be victimized by health care scammers](#).



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.

