



December 6, 2024

If you see an asterisk (*) by an article heading, there is additional information in the *Timely Resources for Readers* section of the newsletter.

Happy Holidays!

We wish you the happiest of holidays whether you celebrate Hanukkah, Christmas, Kwanzaa, or other faith tradition. We hope this season offers hope, healing and unity, and the blessing of a peaceful new year.

Drugs Approved for Treatment of Alzheimer's

The [Fall/Winter edition of Pathways](#) (the publication of the University of Pittsburgh's Alzheimer's Disease Research Center) offers information on "Understanding Two New Therapies for Alzheimer's Disease" from Riddhi Patira, MD. Dr. Patira discusses lecanemab (Leqembi™) and donanemab (Kisunla™) and the administration process and side effects. Consumers who are interested in the two new therapies should talk to their neurologist to start the process.

Dementia Information: Have you heard of LATE?*

Limbic-predominant age-related TDP-43 encephalopathy (LATE) is a type of dementia that affects memory, thinking and social skills. The [Mayo Clinic](#) notes that those with LATE have memory loss, may have trouble finding words, may misplace things, have trouble driving, and may wander. Sounds like Alzheimer's, doesn't it? BUT – LATE is a different disease with its own characteristics. LATE can only be diagnosed on autopsy but history, clinical tests, and rule-outs can lead to a suggested diagnosis.

Caregiving from Rosalyn Carter

The late former First Lady Rosalyn Carter was a leading advocate for causes that included caregiving and mental health (among many others). Mrs. Carter famously said of caregiving: "There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers" which calls attention to the universality of the experience. Here are some additional notes on caregiving that may be helpful during the holiday season.

Caregiving Over the Holidays*

When you're a caregiver, you need to find ways to decrease some of the stress. You may be used to big family gathering where you do everything. If you're a caregiver, you need to sit back and think about how to modify the holiday. One thing may be to delegate. Have someone else bring the turkey, and other family members bring the sides, and another person brings dessert. Many groceries and restaurants have fully prepared meals for take-out. Create new traditions, at least for the time that you are providing care. The [National Council on Aging](#) offers some suggestions.

How is Your Family Doing?

Are you visiting family over the holidays? Sometimes when we don't see family often, we are surprised by the changes we see when we do visit. Look for unopened mail. Is there old food in the frig? Has their personal hygiene changed? [What do we look for](#) when visiting our vulnerable relatives? Our volunteer editor will take a look at how we can "examine" how our family is doing in this month's Deeper Dive.



Is There Life After Caregiving?*

Caring for someone is hard physically and emotionally. Some caregiving experiences are relatively short, others are longer. Some care receivers are more challenging. Family situations may be a positive or negative factor in the caregiving journey. Regardless of the pieces of the caregiving experience, the journey takes a toll. Post-traumatic caregiving may be part of the 'life after caregiving'. Mike Verano, a Licensed Professional Counselor, looks at "[Post-Traumatic Caregiving](#)" in the November 26 e-issue of Today's Caregiver.

A Quick Recap on Holiday Scams

The holidays create great opportunities for scammers. Watch out for these!

Charity scams – Scammers pose as legitimate charities to get money and personal information. Check with charity trackers such as [Charity Watch](#).

Travel scams – Make sure to book through valid agents. In addition, there are fake document scams, transportation overcharges, car rental scams, and more. [Huff Post](#) goes over some of the more prevalent travel scams.

Delivery notice scams – We may not be expecting a package or we may lose track of what we ordered. Did you get a tracking notice about a delivery? Don't click on that link! Call the delivery company directly not using the contact info in the text or email.

Fake websites – WOW! What a great price on that gift!! It's too good to be true! Well...it probably is. The Better Business Bureau offers [tips for spotting fake websites](#).

Porch Pirates – They steal your packages from your porch. Arrange deliveries to go to a neighbor, your work address, or have them held for pick-up. Video surveillance may be a deterrent.

Airport parking thefts - InvestigateTV warned travelers about [car thefts at airport parking](#). Consider a rideshare, shuttle, public transit, or having a friend take you to the airport instead of leaving your car. If you do park in the airport lot, make sure your car is locked, valuables are cleared, and other items are concealed.

Publishers Clearinghouse – Yes, they are still out there. Publishers Clearinghouse is a legitimate business but scammers will pose as the real thing to get YOUR money and personal information. As a matter of fact "PCH" called me this week to tell me that I'd won 3rd prize in a multi-million dollar jackpot (\$10 million, \$5,000 a week for life, AND a Mercedes!!). I am NOT quitting my day job nor am I buying a mountain getaway. It sounds good (especially during the holidays) but don't fall for it. Here's [some information](#) to help. You [will not be asked to send money](#) to collect a prize.

Scammers are always out to get your money and/or your personal information. Don't give them the opportunity! Read the Scam Alert Lady's tips on [LEDE News](#) for more information on scams! (By the way, there are a lot of interesting articles on LEDE News! Check it out!)

What's Going On?

December 10 - Moundsville HealthCare is sponsoring the Honky Tonk Sweethearts on December 10 at 6:00 pm. The program is free and open to the public. Refreshments will be served.

December 14 – Victoria Jamboree at 1228 Market Street in downtown Wheeling at 7:00pm. Have you ever been to the [Victoria Jamboree](#) at the historic Victoria Theater? The theater first opened its doors in 1904 and is West Virginia's oldest operational theater. The Victoria is a 750-seat Victorian style theater. It's a good time! For information, call 304 242-1313.

Contact Info for Faith in Action Caregivers Wheeling Has Changed

The phone number has changed to 304 238-9124 and their new fax number is 304 905-8256. More information can be found on their website www.faithinactionwheeling.org.



With Our Thanks

Thank you to our Executive Director and Board, and to our consumers and colleagues for their support of Altenheim Resource Services over the years!

Thank you to our Guest Editor Jeanette Wojcik who writes the *Deeper Dive* newsletter.

Vaccinations, Boosters, Flu Shots

Vaccinations are covered by Medicare for those who have prescription coverage.

- The CDC offers [information on vaccinations](#) which are appropriate to age and health conditions.
- Covid vaccinations, boosters, annual flu shots, RSV vaccinations, shingles vaccines, TDAP (tetanus) vaccinations, and others are available at most pharmacies, and most vaccinations including the shingles vaccine are now covered by Medicare *for those with prescription coverage*. Check with your primary health care provider for any contraindications.

Local Adult Services Coalitions

Adult Services 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, akoegler1995@gmail.com

Guernsey County: 3rd Wednesday at 3pm Stacey.clark-frame@altercareonline.net

Jefferson County: 3rd Thursday at 3pm at Jefferson County Chamber of Commerce, starr.decariarx@gmail.com

Harrison County: 4th Wednesday at 3pm at Cadiz Senior Center Starr.decariarx@gmail.com

WEST VIRGINIA:

Brooke County: 2nd Monday at 2pm at the Brooke County Senior Center Chris Orris at corris@valleyhospice.org

Ohio County Adult Services Coalition: 3rd Tuesday at 2:00pm at the Ohio County Public Library, 52-16th Street, Wheeling sdunlevy@iccare.com

Marshall County Senior Coalition: 2nd Weds at 2:30pm at Marshall County Senior Center corris@valleyhospice.org

Timely Resources for Readers

A **Dementia Information: Have You Heard of LATE?**

- The [University of Pennsylvania Health System](#) offers more information.
- A [more clinical approach](#) is taken by the article from AlzForum
- More from [Harvard Health Publishing](#)

A **Caregiving Over the Holidays**

- AARP offers "[11 Tips for Caregivers Over the Holidays](#)" to help put things in perspective
- The Family Caregiver Alliance is a great resource for many areas of caregiving and offers [Caregiving and the Holidays: From Stress to Success](#) to help you manage the holidays.

A **Is There Life After Caregiving**

- *Brain & Life* offers "[How to Reclaim Your Life After Years of Caregiving](#)".
- *CaregiverAction.org* offers "[What Am I Now That I'm Not a Caregiver?](#)"

All information presented is for educational purposes only.

**WITH OUR BEST WISHES FOR A BLESSED HOLIDAY SEASON
AND
A HAPPY AND PEACEFUL NEW YEAR!**



Altenheim Retirement Community

Founded 1891

Our cottages are situated adjacent to our Main House at 1387 National Road, Wheeling

Conveniently located close to medical care, churches, shopping, restaurants, recreation

Offering 8 independent cottages for those 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

Pets considered ~ call for our pet policy

We are accepting applications!

Contact George A. Dakovic, Executive Director at gam.dakovic@gmail.com or 304 281-8797



Altenheim Resource Services

Altenheim Resource Services, a division of Altenheim Retirement Community for over 25 years

Empowering older adults, caregivers, & advocates with information on aging, services and resources

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, Resource Services, 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.

