



Resourceful Thinking

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Summer 2018

MEMORY LOSS PROGRAM; KEEPING YOUR BRAIN HEALTHY

CARING FOR THOSE WITH MEMORY LOSS

Caring for someone with memory loss is a difficult journey. Caregivers are often providing personal care, meals, transportation, banking and financial services. Caregivers determine needs and schedule services. Caregivers are called upon to fulfill legal responsibilities with regard to Medical Powers of Attorney and Durable Powers of Attorney. And, while they are providing care for their primary care receiver, they may be running their own household and raising children or grandchildren. It is a difficult task.

Are you caring for someone with memory loss? Do you need information on dementia, area services and legal matters? Join us!

Family Service-Upper Ohio Valley and Altenheim Resource & Referral Services will be offering Caring for Those with Memory Loss on August 15 at Family Service-Upper Ohio Valley offices, 2200 Main Street, Wheeling. The program begins at 9am and will run until 2:00pm. Lunch will be provided.

Morgan Pavol, WV Alzheimer's Association Mid-Ohio Valley Program Coordinator, will open the program with information on Dementia: What Is it?. Cathy McConnell, Executive Director of WV Senior Legal Aid, will be the lunch speaker and will talk about Legal Issues in WV that concern those caring for someone with memory loss.

We are continuing to work on the day's speakers who will address service options in West Virginia.

The program is being brought to our community through a grant from the Administration on Aging: Creating and Sustaining Dementia-Capable Service

Systems for People with Dementia and Their Family Caregivers.

[This program was originally scheduled for October of 2017 however we cancelled the program with the sudden passing of our primary partner, Regina Mayolo of WV Assistive Technologies and the Community Living Initiative Corporation.]

There is a \$5.00 fee to attend and pre-registration is required! Call Ann at 304 243-0996 to register.

TIPS TO REDUCE THE RISK OF COGNITIVE DECLINE

As the number of older people increases worldwide, so does the number of people suffering from Alzheimer's and other dementias. Based on current trends, the number of individuals with dementia is expected to nearly double every 20 years, with nearly 60% of those affected living in low and middle income nations. By 2050, dementia could affect over 130 million people worldwide and could become a trillion dollar disease by the end of this decade. [Scientific American, Slowing Mental Decline in the Elderly, 062116]

The Winter edition of the University of Pittsburgh Alzheimer Disease Research Center's ADRC Pathways offered Ten Ways to Love Your Brain.

- 1 - Exercise. Engage in a regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain.
- 2 - Stay mentally active. Take a class at a local school, community center or online.
- 3- Stop smoking!!! It's never too late to stop.
- 4 - Be heart healthy. Risks for cardiovascular disease and stroke - obesity, high blood pressure and diabetes - negatively impact your cognitive health.

5 – Use safety measures to prevent traumatic brain injury! Wear your seat belt. Use a helmet on bikes and motorcycles. Take steps to prevent falls. (Falls are a major cause of head trauma, and are also the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.)

6 – Eat a healthy and balanced diet that is lower in fats and contains more vegetables and fruits. The Mediterranean and the Mediterranean-DASH (Dietary Approaches to Stop Hypertension) may lower risks.

7 – Get enough sleep. Insomnia or sleep apnea may result in problems with memory and thinking.

8 – Be aware of your mental health. Some studies show a link between depression and cognitive decline. See mental health care if you are experiencing symptoms of depression, anxiety or other mental health issues. Keep a handle on your stress levels!

9 – Stay socially engaged. Find ways to stay involved. Pursue social activities that are meaningful to you.

10 – Challenge your mind. Build something. Do a jigsaw or crossword puzzle. Do something that makes you think!

We are living longer, and need to be aware of healthy aging. Some cognitive change is normal. It takes longer to process information, and it takes longer to retrieve information. Be aware of medications which can slow our cognitive processes. Chronic illness and pain can impact our concentration. Sensory changes such as hearing and visual impairments can also impact our cognitive function.

Be proactive with your physical and mental health for healthy aging!

[Sources: www.scientificamerican.org, Slowing Down Mental Decline in the Elderly, 062116; www.NCOA.org, Fall Prevention Facts; ADRC Pathways, Ten Ways to Love Your Brain, Winter 2017-18; www.alzheimers.emory.edu, Cognitive Skills and Normal Aging]

SCAMS AND YOUR NEW MEDICARE CARD

Medicare will be mailing new Medicare cards between April 2018 and April 2019. The card will have a new Medicare number instead of a Social Security number.

BE AWARE! Scammers are making phone calls to unsuspecting Medicare beneficiaries asking for consumers to confirm the “old” number (your Social Security number) so they can update your information. **DON'T FALL FOR THIS!** Do not give this

information to callers. Centers for Medicaid and Medicare Services and Social Security Administration will not conduct business this way.

If you get a call asking for your old information, hang up. Do not offer this information. It's a SCAM!

UPCOMING PROGRAMS

Our workshop committee is working on several workshops to be held in the coming months.

We are planning to offer continuing education workshops on

- Changes to the NASW Code of Ethics in September
- Mental Health and Older Adults in October
- Working with the Older Veteran in November

We'll have more information on these soon!

We are also working on a series on Caregiver Wellness to be held in November. Keep an eye for more details on this series.

SAVE THE DATES!

Peggy's Run to Benefit Alzheimer's Research

Saturday, August 25, 2018

Elm Grove Eagles

Contact Missy at 304 559-5322 for information on cost, registration & start time.

Northern Panhandle Walk to End Alzheimer's
October 13, 2018

Bridge Street School, Wheeling

Contact Susie Warman at 304 865-6775 for registration information.

Belmont County Caregiver Appreciation Luncheon

November 8, 2018

Senior Services of Belmont County

Contact Melissa Evick at 614 699-2193 for information on sponsorships, exhibitor opportunities & caregiver nominations.

Belmont County Adult Services Coalition's Older Adult Expo

May 7, 2019

Ohio Valley Mall

Contact Ann Koegler at 304 243-0996 for information

GRIEF SUPPORT ALLIANCE

This is a group for people and organizations in the community that can be resources for people in need of bereavement support. Meetings are held quarterly in the Wheeling and surrounding area. This is a good opportunity to meet and network with those who can help with resource information. Contact Sarah Barickman at 304 281-8719 for information on future meetings.

ADULT SERVICE GROUPS

Adult Service groups meet around our area. The purpose of these groups is to provide an educational and networking opportunity for local professionals who serve adults in our WV – OH area. Groups meet in Belmont County, Guernsey County and Jefferson County in Ohio, Marshall County and Monongalia County in WV. Call me for dates and contact information.

*The Belmont County Adult Services Coalition will have the Summer Networking Luncheon on August 2 at 1:00pm at Kennedy Park, 108 Pine Avenue, St Clairsville. Melissa Evick is bringing chicken. Please bring a side dish or dessert to share! Bring your brochures, business cards and information on any upcoming programs. There will not be a speaker nor will we have agency highlights!

CAREGIVER SUPPORT GROUPS

There are several support groups in the area that focus on different needs. Call Ann at 304 243-0996 for information on groups that include Alzheimer’s disease, Lewy Body disease and related dementias, Grief & Loss, and Mental Health.

BEST WISHES, DEBBIE!

Happy retirement to our chief cook at Altenheim, Debbie Schroeder! Debbie will be retiring on July 19. Debbie has prepared the wonderful meals and special occasion ‘feasts’ we’ve enjoyed at Altenheim. Enjoy your retirement! We will miss you!

RESOURCEFUL THINKING

We hope you enjoy our newsletter! If you would like to receive an emailed copy instead of a snail mail copy (or if you would like a snail mail copy instead of the emailed version), please let us know. If you would

like removed from the mail list, please call me at 304 243-0996 or email me at akoegler@frontier.com and your name will be removed.

CAN WE HELP YOU?

Let us help you with your aging and caregiving questions. We serve anyone in need of assistance regardless of location, age or income.

Altenheim Resource & Referral Services has been helping older adults, caregivers and professionals locate services and learn about aging issues for over 23 years.

Consultation, information, and referrals are provided without charge and remain confidential. If we are unavailable and you need to leave a message, our answering system is easy – just speak after the beep!

We also

*offer programs that are free and open to the public

*offer workshops with Continuing Education Credit for social workers and nurses

*offer presentations to your group

Feel free to call us at 304 243-0996, email Ann at akoegler@frontier.com or akoegler1995@gmail.com or contact us through our web site at www.altenheimcommunity.com. We’d be happy to help you!



Let us be
Your Gateway to Care for Older Adults!

Hours:
Monday – Friday
8am – 4pm

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www.facebook.com/altenheimresourceandreferral