



Resourceful Thinking

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WHAT ARE YOU DOING TO ENTERTAIN YOURSELF?

WORKING, CRAFTING, COOKING

Are you still working from home or are you back in the office? Some folks are back to work on staggered schedules and some are back full time, while others aren't sure when they will be back in the office and conducting "normal" activities.

Even if you are back in the office, you may find that you are spending more time at home or more time in solitary activities due to distancing and business closures.

So, what are you doing in your spare time?

Cooking – Bread, cakes, pies, cookies, main dishes. Share recipes with friends.

Crafting – Crafts or hobbies such as quilting, making masks, and painting.

Gardening – It seemed like a good idea to put in a garden this year. Some people are canning and some are freezing.

Reading – Fiction, non-fiction, history, autobiographical, humor, spiritual – there is something for everyone! You can go to a lot of places and meet a lot of people – safely! The topics are almost limitless. Do you have a library card? There are numerous on-line services, and the Ohio County Public Library is now doing curbside service! Check with your local library for services.

Pod casts and/or audio books – Podcasts are great! Legends of the Old West, Science Rules!, -ologies with Alie Ward, Lost at the Smithsonian and so much more! Churches are also doing podcasts of services. Current events are explored in other podcasts. So much for you to consider!

Education – Have you ever thought about taking an on-line course? Some are free, some are not. Google your options. Great Courses is one you can look into. WV Northern Community College, West Liberty University and Belmont College have online courses as do most other institutions of higher learning.

Meditation, yoga – Working on mind, body and spirit. Deep breathing exercises help start the day, and help calm you during the day.

Music – Creating music or listening to music

Exercise – Walking, biking or using home equipment helps you stay active and might keep a few of the home isolation pounds off!

Other hobbies - Woodworking, paper crafting, collecting – what do you enjoy?

Filling your time with activities you enjoy can help combat the boredom and depression that has hit so many people. Keeping active also gives us a sense of purpose and helps us feel productive.

Reach out to friends, family and others who share your interests! Have a Zoom* chat lunch and talk about your hobbies, or have a Zoom* meeting to do your favorite hobbies together. Think about a cooking session, a book discussion, or other activity. Zoom and others have free access with some limitations. It's so good to see friends!

Today's lifestyle is not what we're accustomed to but we must work to remain healthy mentally and emotionally, and we need to stay connected! We need to adapt to our new way of doing things and use the resources that are available to us!

*There are other apps available such as Facetime, Skype, GoToMeeting, Cisco Webex, Microsoft Teams, Google Hangouts and others. Choose the product that is best for you.

AARP COMMUNITY CONNECTIONS

AARP tells us that “We may be isolated but we don’t have to be alone.” One of the services of AARP’s Community Connections is a telephone call to help combat isolation. A trained AARP Friendly Voice volunteer will call to say hello. For more information on the program, go to AARPcommunityconnections.org. The web site tells about this and other Community Connections programs.

WV BOARD OF SOCIAL WORK & CONTINUING EDUCATION

The WV Board of Social Work addresses continuing education requirements on their web page:

Continuing Education

As WV responds to the COVID-19/coronavirus, we realize that there may be some changes to your practice necessitated by social distancing measures, some of which may impact your license. In accordance with CDC recommendations, many continuing education events have been cancelled which have caused many of our licensees to worry how that will impact their renewals.

The Board is suspending the rule requirement for face to face training and is allowing individuals to take twenty hours of online coursework to fulfill all the Category I course requirements. This waiver applies to those with regular and provisional licenses. This will not impact Category II Hours.

As this rule suspension is a result of the Governor's Proclamation of a State of Emergency on March 18, this is not a permanent waiver, but it will be in effect until at least September 30, 2020; the Board will re-evaluate the status of the waiver prior to that time. It is important that you assure the class is approved for social work continuing education.

Please check the online course requirements under the Continuing Education

Requirements for Social Workers; a resource short listing of providers is also listed on that page. Two hours must be related to veterans’ issues and mental health, and one hour must relate to ethics.

For comprehensive information, go to the Board’s web page which is www.wvsocialworkboard.org and the phone number is (304) 400-4980. Office hours are Monday – Friday, 9am – 4pm. The office is closed to visitors at this time. Please address any questions to the Board of Social Work.

For those licensed in other states, check out your social work governing board for rules and regulations regarding continuing education credit.

TRYING TIMES

Trying times continue with the spread and impact of the coronavirus / COVID 19, the racial inequality and protests.

I recently participated in a webinar on “16 Hacks to Attack Racism”. Joining guest April Johnson (Minister of Reconciliation for the Christian Church Disciples of Christ) and host Terrell McTyer (Minister of New Church Strategies) was Mark Anderson (President and CEO of the National Benevolent Association).

The panel offered “hacks” to assist participants in transforming their churches and communities into active forces for justice and solace when the world seems to tell certain people that they don’t matter.

If you would like to view this webinar, go to: <https://event.webinarjam.com/t/click/840y5tIs7Ipinvrak5tg9so>

DON’T LET YOUR GUARD DOWN!

Scams continue.

*Be aware that the “Your-Social-Security-Number-Has-Been-Suspended” scam is making the rounds. The caller tells you that your SSN has been associated with illegal activity in ‘some state’ and has been suspended. You are instructed to call a number (please do not call the number provided!!). If you have questions when you receive this scam call, contact the Social Security Administration at 800 772-1213 or go to ssa.gov for information.

*There are imposters claiming to be contact tracers and asking for personal information.

*There are claims of cures, treatments and vaccines that you receive in email.

*People are still ordering PPE and not receiving it.

* Requests for donations allegedly from the World Health Organization (WHO) or various charities are in our email In boxes.

* WV Attorney General's office tells us that the technology scam is making the rounds. The caller tells you that you owe for anti-virus software and then pressures you to give credit card and/or banking info.

Be cautious. Do not share personal info! Do not use contact info provided by the suspected scam. Look up the number online at the agency's website if you need to contact them.

CAREGIVER SUPPORT VIA ZOOM

- Lori McGlumphy, facilitator of the Alzheimer's and related Disorders Support Group is hosting the support group via Zoom while the in-person meetings have been suspended. Contact me for information on participating in this group with Lori.
- Caregiving is complicated by the isolation of this pandemic. Activities are limited and contact is restricted. Caregiving is lonely at the best of times. Would you be interested in a general support group for caregivers via Zoom? If so, let me know. You could join via video or audio. If you are interested, email me at akoegler1995@gmail.com. We can try and see if this would be helpful for any of our caregivers who are dealing with general issues.

BELMONT COUNTY ADULT SERVICES COALITION

The August meeting would have been our summer networking picnic but out of caution for everyone's health, we will not be having our summer gathering.

Like most of you, I look forward to the day we can meet in-person, share isolation stories, and catch up on what's been happening. I hope we can return to the day when we run up to each other and hug. I fear that this will be way down the line in our future but I am also hopeful it WILL be in our future.

I will be starting a Belmont County ASC E-News with information for BCASC participants. Please send me news briefs to include. I hope to keep the announcements and the email short.

I hope to see you at the next Zoom meeting. Contact me to be included in the invitation emailing.

COMBINED COALITIONS

The Ohio County Adult Services Coalition has merged with the Marshall County Adult Services Coalition. Meetings will be held via Zoom. For information, contact Paula Calvert, Family Service-UOV at 304 233-2350 or pcalvert@fsuov.com.

WORKING FROM HOME

Resource Services continues to be available for those who need information or resources.

Akoegler1995@gmail.com

www.altenheimcommunity.com

304 280-8701 Leave a message. I will call you back.

Some people have messaged me on Facebook but I am finding that I am not getting message notifications. Please email me or call and leave a message. I apologize if you've messaged me and I've not replied.

RESOURCEFUL THINKING

Our newsletter is available through email or on our website (www.altenheimcommunity.com). If you would like to receive an emailed copy or would like removed from the email list, please contact me at akoegler1995@gmail.com.

Let us be

Your Gateway to Care for Older Adults!
Altenheim Resource & Referral Services

Office temporarily closed: 1387 National Road
Wheeling WV 26003

Temporary phone number:
304 280-8701 Leave a message!

Monday – Friday

8am – 4pm

Akoegler1995@gmail.com

www.altenheimcommunity.com

Like us on Facebook!

www.facebook.com/altenheimresourceandreferral