



May 12, 2026

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

May is Older Americans Month!*

The Administration for Community Living's theme for the 2026 observance of Older Americans Month is "Champion Your Health" which emphasizes "prevention, wellness, and personal responsibility as the cornerstones of healthy aging". We are encouraged to practice preventive care, to manage and advocate for our health, and make informed decisions about our health and the care we receive. Don't forget that mental health is also a component of healthy aging. "Championing your health" means taking care of yourself physically, mentally, emotionally, and spiritually.

National Mental Health Awareness Month

Nearly 1 in 5 American adults will have a diagnosable mental health condition in any given year, according to [Mental Health America](#), and there are approximately 59.3 million U.S. adults with mental illness. We are hearing more about mental health which is a positive step. Hopefully, this means that the stigma is changing and people will feel more inclined to seek help. This year's theme is *More Good Days, Together*. What does a good day look like for you? More good days are possible. Find resources in the [2026 Mental Health Month Action Guide](#).

Older Veterans

According to 2023 data from [Census.gov](#), approximately 49% of the 16.5 million U.S. veterans were aged 65 or older, or about 8.1 million. The report goes on to say that approximately 23% of older veterans are women. Older veterans are more likely to have a functional disability than other older adults. (There are assistance programs through the Veterans Administration for those who qualify, and Veteran's Outreach Centers offer additional support.) Read more in this month's Deeper Dive which focuses on Older Veterans.

The Medicare GLP-1 Bridge - Medications for Medicare Beneficiaries

[The Medicare GLP-1 Bridge](#) is a short-term demonstration run by the Centers for Medicare and Medicaid Services that will provide eligible Medicare Part D beneficiaries with access to certain GLP-1 drugs between July 1, 2026, and December 31, 2027 at \$50.00 / month. An eligible beneficiary must have a medical provider submit a prior authorization request and a prescription for an eligible GLP-1 drug for a use covered under the demonstration. [Read more](#) about the Medicare GLP-1 Bridge demonstration. The Medicare GLP-1 Bridge will operate outside of the Medicare Part D benefit's coverage. For more information for WV, contact Elizabeth Blake (WV State Health Insurance Assistance Program) at 304 215-6528 or [your local SHIP office](#).

Patient's Rights*

Being in the hospital is scary. We receive an introductory folder on admission but we are ill and in a vulnerable position. Our family member is tied up with the situation. We aren't always aware of our rights as hospital patients, but there are federal and state regulations, and facilities offer information on patient's rights. Here are just a few examples: You have the right to make treatment decisions. You have the right to choose where you go for follow-up care after discharge from the hospital (pending bed availability and pending your insurance coverage). You can expect confidentiality of health information. And, you have additional rights as a patient. If you have someone who can be present with you, it can be



beneficial. Also, most hospitals have patient advocates or patient navigators. You, as a patient, need to be aware of your rights. It will be in your best interest.

Scams

Medicare Fraud – Check your statements

What is [Medicare fraud](#)? Some of the most common Medicare scams include ambulance billing, genetic testing, Medicare marketing violations, home health, and hospice care (but there are many more opportunities for scammers to commit Medicare fraud!). Fraud may involve: Billing for services or supplies that were not provided; Providing unsolicited supplies to beneficiaries; Misrepresenting a diagnosis, a beneficiary's identity, the service provided, or other facts to justify payment; Prescribing or providing excessive or unnecessary tests and services; and, other instances of fraud. Enrollees in original Medicare need to carefully review their Medicare Summary Notice and those enrolled in a Medicare Advantage plan need to carefully review their Explanation of Benefits to make sure they are correct. If not, you can contact the [Senior Medicare Patrol serving your state](#) for assistance.

Farmers Market Vouchers

[WV Farmers Market Vouchers](#) will be available June 1. Family Service Upper Ohio Valley (Ohio County Senior Center) has been allocated 100 vouchers by the West Virginia Department of Agriculture. Distribution will be Monday – Friday from 9am – 2pm at the Center, 2200 Main Street, Wheeling WV. The vouchers are not currently at the Centers and will not be available until June 1. Get more information on the [Ohio Farmers Market Vouchers](#). Other states can check with their state aging office or their Department of Agriculture.

Support Groups

Myasthenia Gravis Support Group

The Support Group will meet on May 16th. Interested persons with MG or their caregivers may call Jay Adams at 304 780-9274 to register or for information.

Wheeling Parkinson's Support Group

The Wheeling Parkinson's Support Group will meet on May 22, 2026 at Family Service Upper Ohio Valley (Ohio County Senior Center), 2200 Main Street, Wheeling WV, at 10:30 am. Parking is available. There are other Parkinson's support groups available in the area. Contact us for information on other groups.

Alzheimer's / Dementia Caregiver Support Group

Harvest Baptist Church, 1207 Covert Street, Moundsville WV, has started an Alzheimer's Caregiver Support Group to help those who are caring for loved ones with memory loss. The group will meet the 4th Thursday at 5:30pm at the church. For more information, contact Karen at 304 845-0671.

Up and Coming

"Celebrating Ohio County Seniors" will take place at Wheeling Park on Tuesday, May 19 from 10am – 2pm. Registration opens at 9:30am at the ice rink with the first 100 registrants getting a free lunch from Wheeling Park. A health walk, chair yoga, agency exhibits, and a panel discussion will be offered. Dr. Siska from WVU Medicine will be doing a presentation from 12:15 to 12:45 in the Hall of Champions. The event is free.



The Upper Ohio Valley Walk to End Alzheimer’s will take place at Wheeling Park on Sunday, September 27. Opening ceremony will be held at 1pm and the Walk starts at 2pm. For more information, contact Christina Beck at cbeck@alz.org.

Vaccinations, Boosters, Flu Shots

Talk to your primary health care provider about vaccinations that will benefit you, and check with your insurance plan regarding coverage. This is [the list of recommended vaccinations for adults currently on the CDC website](#). Reports have indicated that those older adults with Medicare who request vaccinations will [still have coverage](#).

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 scarlett@jarvisfirm.com

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

Timely Resources for Readers

A Older Americans Month*

- o [Five Healthy Habits for Successfully Aging into our 60s and 70s and Beyond](#), Stanford Medicine
- o [Aging Well](#), National Council on Aging
- o [Positive Aging: How to Change Your Mindset About Getting Older](#), True Care

A The Hospital Patient’s Rights*

- o [Your Rights as a Hospital Patient](#), US News & World Report
- o [CMS Discharge Planning Rule Supports Interoperability and Patient Preferences](#), CMS.gov
- o Here are a few examples of Patients’ Bills of Rights
 - [WVU Medicine](#)
 - [UPMC - Pittsburgh](#)
 - [Cleveland Clinic](#)

All information presented is for educational purposes only. Citations do not indicate an endorsement of the group or product.



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

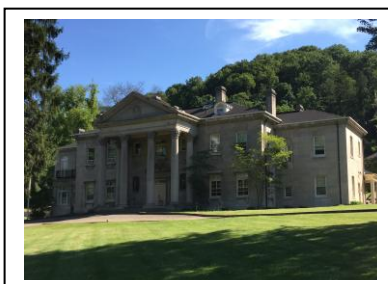
Lawn care, snow removal, general maintenance, general repairs included in monthly rent

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.

