



April 15, 2024

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

Genealogy: Where Did I Come From?

A FREE program on Genealogy will be held on Friday, April 19, 2024 from 11:30am – 12:30pm at Family Service Upper Ohio Valley (Ohio County Senior Center), 2200 Main Street, Wheeling. Louis Yurkovitch, past president of the Wheeling Area Genealogical Society, will give us pointers on where to start and what resources can help us trace our family history. The program is free and lunch will be provided. Call 304 233-2350 ext 105 to reserve your seat and lunch. Join us and find out where you come from! Co-sponsored with Family Service UOV.

April is Stress Awareness Month

A little stress can be good for us. Too much stress can affect our mental health, our physical health, our sleep, our relationships, and just about every aspect of our lives. The [Harvard School of Public Health](#) explores the overall impact of stress on health, including nutrition. The American Heart Association provides information on [stress and heart health](#). The National Institutes of Health offers several [resources for Stress Awareness Month](#) for managers, employers, and employees. Take care of yourself. Do what will help you 'decompress'. [Music can be a very helpful 'decompresser'](#). Write down your personal play list.

Earth Day*

April 22 is Earth Day – a day to educate people about the issues that are affecting our planet, raise awareness, and celebrate the efforts in place to protect the environment. The theme for 2024 is “Planet vs Plastics” and calls for widespread awareness on the health risk of plastics, the rapid phase out of single use plastics, and an urgent push for a strong UN Treaty on Plastic Pollution. Find out more about [Earth Day](#) and how you can help!

Music & Memory II*

This is Part II because I went down a rabbit hole after the March 15, 2024 Timely Resources article [Music and Memory](#) (Part I on page 2). There is so much information available on music and memory, and music can be used in so many applications. Check out “[A Mind Roused by Music](#)” on YouTube which was the introduction to music and memory for many. The story of Henry is so impactful. Alan Harvey, musician and neurologist, offers “[Your brain on music](#)” in a TEDxPerth video. Talk to your loved ones about their favorite music. Music is an inexpensive caregiving tool and there are so many resources for all types of music. Think about how music can help care receivers at home or in a facility!

Alien Hand Syndrome or Alien Limb Syndrome

First described in 1908, alien hand syndrome can result from brain damage due to surgery, brain tumors, aneurysms, stroke, neurodegenerative disease, or trauma. Sometimes a specific cause is not identified. This can occur in the legs as well. Disruptions in brain networks that involve movement cause the limbs to act as if they have a mind of their own. [Brain & Life](#) explores the problem in “What is Alien Hand Syndrome?” and You Tube offers a [2-minute video explanation](#).

Alzheimer's & Dementia News*

Research has been on-going for those with dementia but progress has been slow. [Medications](#) for symptom control have been on the market for some time. There is still no cure. In addition to a few



[new medications such as Legembi](#), there is also information on [gamma light intervention](#) from MIT. WVU's Blanchette Rockefeller Neurosciences Institute continues to work on dementia interventions researching [how to "cross" the blood-brain barrier](#). Not all medications are effective for all dementias. Not all medications are safe for all dementias such as the use of Haldol and other antipsychotics with Lewy Body Disease. Consult your neurologist for medication information.

Reminder: Mobile Food Pantries

The Mobile Food Pantry will be held Thursday, April 18, at Four Seasons Pool, located at 300 Mulberry Avenue in Moundsville, from 11:00 AM to 12:30 PM. Families are invited to drive up and receive a food box that will be placed into their vehicle. One food box will be given per family while supplies last.

The Ohio County Mobile Food Pantry will be at Wheeling Island Gaming on May 23, 2024 from 11:00am – 12:30pm. There will be new traffic patterns. Go to the Mountaineer Food Bank website for other Mobile Food Pantry stops in WV. Find other food pantry locations at the Feeding America website. (Note: You can help with food insecurity by donating food or money to your local food pantries, soup kitchens, food outreach ministries, or Blessing Boxes.)

With Our Thanks

Thank you to our Guest Editor Jeanette Wojcik for the April 8 issue on Reminiscence.

What's Going On?

*May is Older Americans Month! "Powered by Connection", the 2024 theme, focuses on the impacts of social connections and meaningful relationships. For more on Older Americans Month, go to the [Administration on Community Living's website](#).

*May 7, 2024 – Senior Support Fair, Ohio Valley Mall, St Clairsville OH. Exhibitors will provide information on services and resources available to older adults and caregivers. This is one of the special events of the Belmont County Adult Services Coalition which has been held since 2000 (with a 2-year Covid hiatus). For information, contact Fair Chairperson Tate Blanchard at tblanchard@theicgroup.com. Registration deadline for exhibitors is April 19.

*May 17, 2024 – "Take Me Out to the Ballgame" with guest presenter Steve Novotney will be held at Family Service Upper Ohio Valley (Ohio County Senior Center) from 11am – 12noon. Call 304 233-2350 ext 105 to reserve your seat. (Free program! Free lunch!) Phil Niekro, Joe Niekro, Bo McConaughy, and the Wheeling Stogies are some of the names that come to mind! Join us!

Who's Hiring?

*Family Service Upper Ohio Valley – meal delivery drivers and in-home care providers. Call 304 233-2350 x 105 for more information or to apply.

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. There is a new location for Jefferson County.

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 at Jefferson County Chamber of Commerce, 630 Market Street, Steubenville OH (*Change of location*) starr.decariarx@gmail.com



Timely Resources

Harrison County: 4th Wednesday at 3pm at the Cadiz Senior Center, Cadiz OH
tblanchard@theicgroup.com

WEST VIRGINIA:

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

Ohio County Adult Services Coalition: 3rd Tuesday at 1:00 at Vance Memorial Church, Wheeling WV,
tblanchard@theicgroup.com

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

Vaccinations, Boosters, Flu Shots

- 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.
- Vaccinations are covered by Medicare *for those with prescription coverage*.
- Check with your physician for any contraindications.

Timely Resources for Readers

A Music and Memory

- The [original video of Henry](#) can be found on YouTube
- A PBS feature looks at music and TBI. You can watch "[Music Helps People in Nursing Home Once Considered Unreachable](#)"
- Scripps News: In the Loop with Christian Bryant looks at "[The connection between explores music and memory](#)".

A Earth Day

- How can you make a difference? [Protecting the Planet Starts With You](#) on the National Ocean Service website offers some ideas.
- The [American Museum of Natural History](#) offers way to help the environment.
- See "[How the Ocean is Choking on Plastic - But It's a Problem We Can Solve](#)" from the Pew Charitable Trusts
- What else can you do?
 - Turn in your plastic bags. Many stores have bag recycling bins.
 - Use environmentally friendly reusable bags.
 - Cut back on plastic bottles.
 - Enhance your garden soil with used coffee grounds and rinsed egg shells.
 - Take advantage of recycling services and recycling days in your area.

A Alzheimer's & Dementia News

- [Read more about Legembi](#) from Associated Press
- [Read more about avoiding antipsychotics](#) and Lewy Body Disease
- You can follow up with an [Alzheimer's Disease Research Center](#) or [WVU's Blanchette Rockefeller Neurosciences Institute](#) for clinical trial information.

A You Tube Videos

- You may need to click on "Browse You Tube" which should open the referenced video.



Altenheim Retirement Community

Founded 1891

Our cottages are situated adjacent to our Administrative Building 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

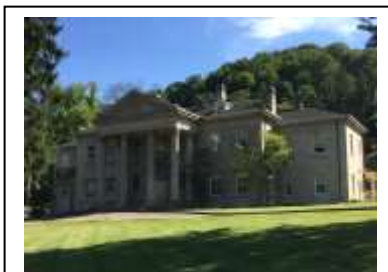
Utilities are not included

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

Our first residence in 1891 to the upgrade in 1950 to our transition to a retirement community in 2008



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 with 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.

