



November 24, 2025

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



Our family took a few days off to recharge and went to Blackwater Falls State Park, WV. It was sunny when we left home but we arrived at the Park to see about 12" of fresh snow. But we had a fireplace, plenty of wood, and plenty of food. Although we couldn't get to the Falls (the trails were snow-covered and icy), the time in front of a warm fireplace in a cozy cabin was good for our mental health. Give yourself some time to breathe and let things go for a little while. It can be a walk in the park, or a cup of cocoa and a book (although a few days at your favorite getaway is nice, too). Be good to yourself. Have a blessed Thanksgiving!

Say Thank You to a Veteran

November 11 is designated as [Veterans Day](#). Think about all our military personnel have done to keep our country free, and say 'thank you' to a veteran or active-duty military member! We appreciate your courage, dedication, and loyalty to our country, and what you've done to keep us safe!

National Family Caregiver Month

According to the [National Council on Aging](#), more than 53 million family caregivers provide unpaid care, at an economic value totaling more than \$470 billion. November is designated to honor those who provide care to a family member or friend. Do you identify as a caregiver? If you assist someone with meal preparation, shopping, transportation, medical appointments, , or other daily activities, you're a caregiver (or a care partner)! This month's Deeper Dive will take a look at the "why" of caregiving.

Caregivers and Care Partners

[What is the difference?](#) Caregiving provides care. Care partnering works "with" the care receiver to accomplish tasks. Individuals who need assistance don't necessarily need everything done *FOR* them; they can participate in accomplishing their daily needs even as abilities decline. Care partners allow care receivers to do as much as they can for themselves, providing opportunities for skill retention and deeper personal connections. The time may come when there is increased dependence and a need for more hands-on care. But, as long as possible, think of "sharing" the role and making caregiving a "partnership".

Help for Caregivers*

Help for caregivers can come from various sources. *Tax credits such as housing credits indirectly helps families. *[Some states have passed laws](#) offering additional help for caregivers through leave programs and expanded respite programs. *Supportive services such as meal programs and transportation, in-home assistance that helps with activities of daily living, and other services are available. *Medicare counseling is available through the [State Health Insurance Information Program](#) at no charge.

*Resource information is available through [Altenheim Resource Services](#), your county's senior services, hospital discharge planners, and 211 services. You will find that some services are offered at no charge, some have a fee, some are subsidized by state programs, and some are donation-based.



Timely Resources

Medicare Open Enrollment

Don't forget that Open Enrollment ends on December 7. If you need help, contact [your state's SHIP](#) (State Health Insurance Information Program) counselor for assistance. SHIP counselors offer free, unbiased information on your Medicare options, whether you're just enrolling and are new to Medicare, or if you need information on plan changes. SHIP services are available all year.

Medicare News

Medicare coverage of telehealth services has been extended. Read about the provision in the [AARP article](#) "Routine Medicare Telehealth Coverage is Extended for 80 Days". This is an extension of the coverage not a permanent arrangement, and telehealth will face the same cliff on January 30, 2026.

Scam Awareness

Be aware of scammers who will be trying to get your money or your personal information as they take advantage of the approaching holidays, Medicare Open Enrollment, and recent disasters. Watch out for delivery scams, "special deal" scams, online sales scams, and charity scams – to name but a few. [Romance scams are increasing](#), costing scammees an estimated \$652 million in 2023. (Numbers are most likely higher due to under-reporting.) Be alert to warning signs from vulnerable neighbors or relatives. Stay safe.

Saving Money

It has become more important to save money where we can. *Have you considered shopping at your local discount grocery chain such as Aldi, Lidl, or Trader Joe's? Do you watch for digital coupons and extra points for fuel credit? *Utility costs are also up. Contact your utility provider for information on budget alternatives with billing. Energy assistance programs may be available through your Department of Human Services for eligible consumers. *Weatherization or energy-related home improvements will save energy costs. Contact your local Community Action agency or your local USDA Rural Development office for program and eligibility information. *If you like going to the movies, look for matinee specials. *Want to eat out? A lot of restaurants offer special lunch prices. Pick up lunch and keep it in the fridge until dinner. *Take advantage of AAA (Auto Club) and AARP discounts. *Be a smart shopper. Time your buying. Many stores offer "Black Friday" specials throughout the shopping season.

Just a Note

The US Government was shut down for a record 44 days. During this time, SNAP benefits were delayed, and many people depended on food banks, food pantries, and blessing boxes. Despite the government's reopening and benefits resuming, [it is estimated that it could take months for food banks to recover](#). When you do your shopping, add some extra staples to your buggy for your local food bank. (Remember – SNAP doesn't cover cleaning items, personal care items, or pet needs.) Or send a financial donation. I'm sure they would be grateful.

Wheeling Parkinson's Disease Support Group

The Wheeling Parkinson's Disease Support Group will not meet in November. The December meeting will be held on December 19 at 10:30 am. The Wheeling Parkinson's Support Group is normally scheduled for the 4th Friday at 10:30am at the Ohio County Senior Center, 2200 Main Street, Wheeling, WV. Contact Ann at 304 280-8701 or Paula at 304 233-2350 ext 105 for more information.



Timely Resources

Vaccination / Support Group / Adult Services Coalitions

Vaccinations

- The CDC offers [information on vaccination schedules](#) which are appropriate to age and health conditions.
- What ARE those diseases? What are symptoms? What are consequences of the disease? Is it contagious? Can it be prevented? ? What about vaccinations? What does the vaccination involve? Are there side-effects? Who should consider the vaccination? Read on!
 - COVID: [COVID](#) and [Information on vaccinations](#)
 - ANNUAL FLU SEASON: [Annual flu season](#) and [Information on vaccinations](#)
 - RSV: [RSV](#) or Respiratory Syncytial Virus and [Information on vaccinations](#)
 - SHINGLES: [Shingles](#) and [Information on vaccinations](#)
 - TDAP: [TDAP \(tetanus\)](#), [Diphtheria](#), Pertussis or Whooping Cough and [Information on vaccinations](#)
 - MEASLES: [Measles](#) and [Information on measles vaccinations](#)

Other considerations:

- Check with your primary health care provider for information on vaccinations. Your medical record may have information on when a vaccination is due. Ask about any contraindications.
- Most vaccinations are available at pharmacies. Consult your pharmacist about availability.
- Most vaccinations are covered by Medicare *for those with prescription coverage*. Recent governmental changes may impact payment. Confirm your coverage!
- There will be changes in insurance coverage for vaccinations including the COVID vaccination depending on age, health, and insurance carrier. Confirm your coverage!
- You can get information on [immunization resources](#) or go to <https://www.immunize.org/>. Click on "Vaccines and VIS".
- Annual Flu Season is here. COVID cases are on the upswing. Measles have seen a resurgence. What is your vaccination status? Are you an older adult or are you immune-compromised? Talk to your primary health care provider about vaccinations.
- The government shut-down has impacted updates and access to some information.

Support Group Information

There are support groups that cover many areas of need that include in-person and virtual options. Here are just a few that are available. Contact us for details. Contact us if we can help you locate a group.

***Myasthenia Gravis Support Group** For information, contact Jay Adams at 304 780-9274.

***Opportunities to Shine for Individuals living with brain change**, their families, and professionals meets on the 4th Wednesday at 4pm at First Christian Church (Disciples of Christ), 1343 National Road, Wheeling. For meeting information, contact Sara Alig at 304 336-8199. Ask about a Zoom option if you can't attend in person.

***Dementia Support Group**: Shadyside Healthcare & Rehabilitation, 60583 State Route 7, Shadyside OH, 3rd Thursday from 6pm – 7pm. Call 740 676-8381 for more information.

***Caregiver Support for those caring for a loved one with Alzheimer's / Dementia**: Berkeley Senior Services, 11:30 a.m. on the 2nd Friday of each month, 217 North High Street, Martinsburg, WV 25404. For more information, contact Katherine Donovan at 304-263-8873 Ext. 4114 or by email at katherine@berkeleyseniorservices.org.



Timely Resources

***Grief Support Group** meets the 4th Monday of the month from 2pm – 3pm at First Christian Church, 1343 National Road, Wheeling WV. For information, contact Dannette Harris at 304 290-7050.

***Parkinson's Disease Support Group** meets the 3rd Wednesday at 11:30am at the Wilfred R. Cameron Wellness Center, 240 Wellness Way, Washington PA 15301. For more information, contact Casey Peluso at cpeluso@pfpwa.org or 412 837-1357.

***Parkinson's Disease Support Group** meets the 2nd Tuesday, 10:00 am Our Place/First Westminster Presbyterian Church 235 N 4th Street Steubenville, OH 43952 Judy Owings: 740-520-0120

***Wheeling Parkinson's Disease Support** group meets the 4th Friday at 10:30 am at Family Service Upper Ohio Valley (Ohio County Senior Center), 2200 Main Street, Wheeling, WV. For more information: Ann Koegler 304 280-8701 or Paula Calvert: 304 233-2350 ext 105.

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, akoegler1995@gmail.com

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

Jefferson County: 3rd Thursday, starr.decariarx@gmail.com

Harrison County: 4th Wednesday at 3pm, allisonheavilin@yahoo.com

WEST VIRGINIA:

Brooke County: 2nd Monday at 2pm, corris@valleyhospice.org

Ohio County Adult Services Coalition: 3rd Tuesday at 2:00pm, tblanchard@theicgroup.com

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

Timely Resources for Readers

Help for Caregivers*

Here are some resources to consider when caring for a loved one:

Tax breaks: AARP's article "[How Family Caregivers Can Get the Tax Breaks They Deserve](#)" offers some helpful tax information. Talk to your accountant about any possible considerations.

***Financial assistance:** There may be [financial resources](#) for those providing care.

***Medicare Savings Programs** offer benefits for eligible beneficiaries.

***Supportive services:** Community services such as meal programs, transportation, and adult day services support the caregiver and care receiver. Contact Altenheim Resource Services for assistance.

***Respite care** may be available in your area. This service allows temporary stays out of the home for care receivers. Respite may be an out-of-pocket expense. [Medicare's hospice benefit](#) covers respite care for the caregiver. Long-term care policies may also cover respite care but that is dependent on the specific policy's terms. [Veterans' benefits](#) may cover respite for eligible veterans.

*Contact us at Altenheim Resource Services for information on resources and services. Our services are free. Akoegler1995@gmail.com

*As an advocate, contact your state and federal representatives about the need for a Caregiver Tax Credit. Remind them of the out-of-pocket cost (approximately \$7200/year) and the other "[costs of caregiving](#)", according to Kiplinger.

If you find a broken link in any of the newsletter's referenced sources, please let us know! Thank you!!

All information presented is for educational purposes only. References are not endorsements.



Altenheim Resource Services



Timely Resources

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 independent adults 65 years and older

Two bedroom, two bath, living room, kitchen room, dining room

Stove, refrigerator, dishwasher, microwave, washer and dryer are included

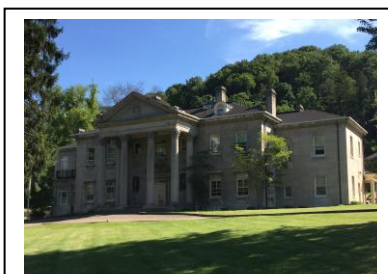
Lawn care, snow removal, general maintenance, general repairs included in monthly rent

Utilities are not included

Pets considered ~ call for our pet policy

We are accepting applications!

Contact George A. Dakovic, Executive Director at gadakovic@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

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, Care Guides, and a photo gallery

Contact us at 304 280-8701 with questions about resources and issues concerning older adults and caregiving.

