



March 7, 2022

SCAM NEWS

Cryptocurrency Scam

We have heard of scammers asking for gift cards for payment for whatever offense they claim we need to correct. The new take on this is that scammers are asking for cryptocurrency. Please share the information. Read more about the [cryptocurrency scam](#).

Tracking Devices – Not Just for Finding Luggage

There are several tracking devices available to consumers. They were meant to help track luggage and other items. There are also tracking devices for our loved ones who have cognitive issues or autism, and for our four-legged companions. Unfortunately, these devices are also used to stalk people and set up car thefts. Read more about it [here](#).

Help for the Ukraine Scams

The reprehensible invasion of Ukraine and the humanitarian crisis that has resulted has presented scammers ample opportunity to take advantage of the generous and caring nature of people. Please make sure that the charity to which you are donating is legitimate. Go to [Give.org](#), to check on your charity. You can see an evaluative report from the BBB Wise Giving Alliance. You can also check out [CBS News](#) for a list of organizations that are helping.

Information on Free Covid Tests

Free Covid tests were made available by the Federal government, and were delivered to our mailboxes. We do need to pay attention to weather and temperature, and what that may do to the test. Read this [article](#) in the Miami Herald and make sure to bring your test in out of the weather as soon as possible.

Consumer Discounts

Several states offer their older residents a discount card for businesses in their states. Ohio has the [Golden Buckeye card](#), and West Virginia has the [Golden Mountaineer card](#). The registration and card are free. Many other businesses offer discounts to seniors, veterans, AARP members, and those receiving government benefits. [The Senior List](#) has information on discounts as does [SeniorLiving](#). Many businesses offer rewards cards such as Panera, Michael's, Sam's, and Kroger. Ask businesses about discounts. They may not be advertised.

Tinnitus and Over the Counter Pain Meds

Tinnitus isn't a disease but a symptom of an underlying condition such as age-related hearing loss or nasal congestion. We may refer to it as ringing in the ears, but it can also be a roaring, clicking, hissing or other sounds. It may be soft or loud, and the pitch may be high or low. A new study has indicated that there is a correlation between frequent use of over the counter pain meds and tinnitus. Read about it in this [AARP article](#).

Rental Assistance

Rental assistance is available for those who qualify. In West Virginia, contact [WV Mountaineer Rental Assistance Program](#) (or 866 623-6284). In Ohio, rental assistance information is available through the [Ohio Department of Development](#), and those who need assistance can contact their local [Community Action Commission](#). Learn more about housing for those with low incomes at the [National Low Income Housing Coalition](#).



Spring is Coming

Spring will be upon us soon, I'm sure most of us are more than ready to get out and enjoy nice weather. We're probably thinking about 'getting in shape'. The Mediterranean Diet has been recommended by health care as a way to get in shape, focusing on veggies, grains, fruits, fish, and lean meats. The diet limits red meat, cheese, and processed foods. Read about the diet [here](#). Check with your health care professional to see if this is right for you.

Washington Wild Things Tix

I received a notice that the Washington Wild Things office is offering a new, free program for all individuals over the age of 50. This program provides free tickets to the scheduled Wednesday games this summer. Wednesday game times have been moved to 6:05pm. Contact Eric Stouter at 724 250-9555 for more information.

Upcoming Events

Save the Dates for these upcoming events.

May 3, 2022 – Ohio Valley Mall – Belmont County Senior Support Fair (formerly the Caregiver Support Fair and the Older Adult Expo)

June 23, 2022 – End of Life Ethics - 1 CEU for social workers. Details will be released as they are finalized.

Vaccination Information Available

Covid vaccines and boosters are widely available most for age groups.

Check out [West Virginia availability here](#). Check out [Ohio availability here](#).

Local Adult Service Coalitions

Adult Service 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 **Please note the time change!

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

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

Harrison County: 4th Wednesday at 3pm tblanchard@iccare.com

WEST VIRGINIA

Brooke / Hancock County: 2nd Monday at 3pm tblanchard@iccare.com

Ohio / Marshall County: 2nd Wednesday at 2pm pcalvert@fsuov.com

Hiring

- [IC Care](#): Experienced in-home caregivers
- Family Service-UOV: drivers, in home caregivers. Contact Paula Calvert at pcalvert@fsuov.com
- Interim Health Care: contact Karen Craig at kcraig@interim-health.com
- [Good Shepherd Nursing Home](#): contact HR at 304 242-1093
- [Mountain State Justice](#): social worker
- Many local businesses are hiring: Menard's, Kohl's, TJ's, Taco Bell, Perkins, Oglebay, Kroger, Riesbeck's, and other retail.



Altenheim Retirement Community

Altenheim Retirement Community
130 years of housing for older adults
1891-2021

Over 130 years in Wheeling

Altenheim Retirement Community is located behind our Main House at 1387 National Road, Wheeling along Reymann Way and Anton Place. We are close to medical care, churches, shopping, restaurants, groceries, and Wheeling Park which offers various activities including summer concerts.

Offering 8 independent cottages for women, men, and couples 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, and general repairs are included in monthly rent
Utilities are not included.

We are accepting applications!

Contact George A. Dakovic, Executive Director at 304 281-8797 or gam.dakovic@gmail.com.



Altenheim Resource Services

Altenheim Resource Services, a division of Altenheim Retirement Community

Offering information on aging, services and resources for older adults and caregivers for over 25 years
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, 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.

