



July 19, 2023

Congratulations, Wheeling Heritage & Volunteer Wheeling!*

AARP West Virginia has awarded a 2023 AARP Community Challenge Grant to Wheeling Heritage and Volunteer Wheeling to support completion of a downtown public green space and park at Wheeling's Market Plaza. "AARP West Virginia is proud to collaborate with Wheeling Heritage and all of this year's grantees, as they make immediate improvements in their communities to jump long-term change, especially for 50-plus West Virginians and their families," shared AARP West Virginia State Director Gaylene Miller in the [AARP Press Release](#).

Free Program on Wheeling: The Origin of the City

Family Service Upper Ohio Valley (Ohio County Senior Center) and Altenheim Resource Services are co-sponsoring the third in their series of programs on Visiting Wheeling Neighborhoods. Joe Roxby, noted WV historian, will present The Origin of the City on Thursday, July 27 at 12 noon. Lunch is included. Call 304 233-2350 ext 105 to reserve your seat and your lunch. Ask about transportation! A flier is attached.

Are You 55+, Unemployed, & Looking for Work? SCSEP May Be for You

The Senior Community Service Employment Program (SCSEP) might be able to help. The program provides temporary community service training to older Americans who qualify financially to prepare them for jobs in the community. West Virginia residents should contact the WV Resource Center at 304 218-2873. Ohio residents can call Goodwill (state contract) in Zanesville at 740 450-6060 and ask for the Program Manager. Find your Senior Community Service Employment Program [here](#) or call 877 872-5627.

The Heat is On*

The Office of the Ohio Consumers' Counsel offers some tips for keeping your home cool and saving some money on your energy bill. Close your blinds from mid-morning through early evening. Seal air leaks around doors and windows to keep the cool in. Use ceiling fans with the rotation going counterclockwise so air blows toward the floor. Take cooler showers. Schedule a check of your air conditioning by a professional. Make sure to change filters.

Staying Safe in the Heat*

We need to be especially attentive to personal safety during extended heat spells. Drink lots of water. Avoid doing outdoor chores and gardening in the heat of the day. Make sure your pets have plenty of water and keep them inside during extreme heat. (Dog boxes are like ovens. They heat up and don't protect your animal.) Wear sunscreen when you're outside. Do NOT leave animals or children in the car while you run into a store. (The interior of a car heats quickly to dangerous levels even with the windows down.) Check in on older adults and make sure they are dealing with the heat and staying hydrated.

Research Participants Needed

Sara Alig, MS, Speech-Language Pathologist and Certified Dementia Practitioner, is seeking caregivers of those with dementia for her doctorate. Contact Sara if you would like to be a participant.

"I am conducting research as part of the requirements for a doctor of philosophy in Communications at Liberty University. The purpose of my research is to explore how caregivers in the Ohio Valley search for and perceive health communication regarding dementia. To participate, you must be 18 years of age or older and have a parent who has Alzheimer's or dementia. Participants will be asked to complete three (3) remote (Zoom) video and audio-recorded interviews that will take no more than one (1) hour each. If



you would like to participate and you meet the study criteria, please contact me at salig@liberty.edu to schedule an interview. Participants will receive a \$25 Amazon gift card following the third and final interview.”

Alzheimer’s and Dementia Support Groups*

Support groups offer participants the opportunity to share coping strategies, feel more empowered, and also gives participants a sense of community and the reassurance that they are not alone in their situation. There are in-person groups and virtual groups. There is also support through groups established on social media. (Use caution with social media. It can be a ‘hunting ground’ for scammers.)

Aware and Share Card from the Dementia Society of America

It can be stressful when caregivers are out with their care receivers who have dementia. There are times that the care receiver may have vocalizations or behaviors that could potentially escalate due to confusion, overstimulation, too many choices, or an interrupted routine. The Dementia Society of America offers the [Aware and Share@ Card](#) with information on dementia that caregivers can share with others ‘quietly’ expressing the need for a little extra care. The cards are free and quantities are limited although consumers may request cards in bulk.

Caregiving*

Rosalyn Carter was quoted as saying ““There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.”

*Those Who Have Been Caregivers - Life After Caregiving**: For those who have been caregivers, what is life like after caregiving? There are a myriad of emotions: grief, loss, loneliness, a feeling of profound emptiness, relief, and guilt. What do I do now? What is my purpose? We must come to terms with this new phase of life. Read about [life after caregiving](#) in the Next Avenue article.

Those Who Are Currently Caregivers – Coping with the Stress: Caregivers are often managing their home as well as that of the care receiver which can entail errands, groceries, paying bills, housekeeping, arranging doctor appointments, providing transportation, and the list goes on. We need to KNOW our limits and NO our limits. What can we do to avoid getting ill from caregiving? Mayo Clinic offers [tips for taking care of yourself](#).

Those Who Will Be Caregivers – What Can We Expect?: The quick answer is – who knows? Our future care receivers may need any level of assistance. If we are involved with them over time, we will probably see increasing needs and dependence. CaringInfo offers “[Preparing & Getting Organized for Becoming a Caregiver](#)” that offers some helpful insights into what future caregivers need to consider.

Those Who Will Need Caregivers – Can We Prepare?: Some people have children and / or partners that can (and would) help with care and some don’t. Some parents don’t have relationships with their children so their involvement in caregiving is at question. We need to be aware of our financial situation, our support systems, the layout of our homes, and more. We may not be able to live independently our whole lives. Chances are good that we will need kind of care. Next Avenue offers some insights and tips in the article “[Declaration of Dependence](#)”.

Caregiving can be stressful and requires a constant reexamination of our care receiver’s condition and needs, as well as our own. Receiving care puts us in a position of asking for help or accepting help. Neither situation is what we hoped would happen with our lives but as Mrs. Carter has pointed out, we will most likely fall into one of these categories. Organization, making our wishes known (and writing them down), and being aware of self-care can ease the way for us as caregivers or care receivers.



Visit Your Local Library

I have been a library nerd my whole life. I love to read. Although I have books everywhere in my house, I still check books out of the library. The [Ohio County Public Library](#) offers books, interlibrary loans, DVDs, a room devoted to local history, home delivery for those who are homebound, and so much more. There is also an online service called [Hoopla](#) which enables you to borrow items with your library card. Contact your local library and see what they have to offer. You'll find a whole new world. "I love the way that each book — any book — is its own journey. You open it, and off you go..." Sharon Creech (award winning childrens' author)

And – On a Lighter Note

Grocery shopping music used to be “oldies”. You know, like the Muzak in elevators. As the ad on TV says, “Unfortunately, not any more.” The oldies we hear at the grocery store now are the songs many of us listened to when we were in our teens. The article “[The Top 40 of My Adolescence Now Playing in Aisle 5](#)” offers a humorous yet sobering look at how much time has passed since my favorite songs were out. For Heaven’s sake, Whole Lotta Love is 54 years old!!! Hold Me, Thrill Me, Kiss Me is even OLDER. Where did the time go?

Up & Coming

Summer concerts – Check out the [Ohio Valley Summer Events Guide](#) for events across the Ohio Valley.
Farmer’s Markets – There are several Farmer’s Markets in the area. Check out this [guide](#) to see where you can find fresh veggies, baked goods, and other items that help support our local growers and merchants.
[Mountaineer Brew Fest](#) (proceeds benefit Family Service-Upper Ohio Valley Ohio County Senior Center), 4:00 pm – 10:00 pm, August 19, 2023
Sunset Senior Fair, Heritage Port, Wheeling WV, August 23, 2023, 5:00 pm – 8:00 pm (sponsored by IC Care)

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, 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 Prime Time starr.decariarx@gmail.com
- Harrison County: 4th Wednesday at 3pm at Cadiz Senior Center tblanchard@iccare.com

WEST VIRGINIA:

- Brooke County: 2nd Monday at 2pm at the Brooke County Senior Center Eric Fithyan chambersandjames@gmail.com
- Hancock County: 3rd Wednesday at 2:00pm at Hancock County Senior Center starr.decariarx@gmail.com or alivingston@change.org
- Marshall County Senior Coalition: 2nd Weds at 2:30pm at Marshall County Senior Center corris@valleyhospice.org
- Ohio County Adult Services Coalition: 3rd Tuesday at 1:00 at Vance Memorial Church tblanchard@iccare.com
- Senior Partnership of Ohio / Marshall Counties (formerly Ohio/Marshall County Coalition): 1st Monday at 11am via Zoom pcalvert@fsuov.com



Vaccinations, Boosters, Flu Shots

- The CDC offers [information on vaccinations](#) which are appropriate to age and health conditions. The general recommendation from the CDC is to get the flu vaccination by the end of October.
- Covid vaccinations and boosters as well as annual flu shots are available at most pharmacies.
- Vaccinations including the shingles vaccine are now covered by Medicare *for those with prescription coverage*. Check with your physician for any contraindications.

Timely Resources for Readers

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

***Congratulations, Wheeling Heritage and Volunteer Wheeling!**

- A Read about AARP’s [National Community Challenge Grant Awards](#).
- A Read more about [AARP’s Livable Communities](#).

***The Heat is On**

- A Get more tips on keeping your home cooler:
<https://energycouncil.org/efficiency/tips-2/make-sure-your-home-is-ready-to-beat-the-heat/>

***Staying Safe in the Heat**

- A Here are some safety tips to keep you and your family safe during the extreme heat
<https://www.cdc.gov/disasters/extremeheat/heattips.html>
- A Older adults may be at a greater risk for heat-related illness:
<https://www.nia.nih.gov/health/hot-weather-safety-older-adults>

***Alzheimer’s and Support Groups**

Caring for someone with dementia is challenging. Here are support resources.

- A Opportunities to Shine: WLU Branch, 4th Wednesday of the month at 4:00 pm, First Christian Church, 1343 National Road, Wheeling WV. Call 304 336-8199 for more information.
- A Family Service Upper Ohio Valley (Ohio County Senior Center), 1st & 3rd Thursday at 12:00 noon, 2200 Main Street, Wheeling. Contact Paula Calvert at 304 233-2350 ext 105 for more information.
- A Dementia Support Group, Virtual, 2nd Wednesday at 6:00 pm. Contact facilitator Lori McGlumphy at 304 281-5778 for the Zoom link.
- A The [Alzheimer’s Association](#) offers virtual support groups and information on dementia, caregiving, research, and more.
- A The [Alzheimer’s Foundation of America](#) also offers support groups. These groups are via telephone.

***Caregiving: Those Who Have Been Caregivers - Life After Caregiving**

- A Read more in the AARP article [“Life After Caregiving: The Unexpected Beginning”](#)
- A Brain & Life addresses the issue in [“How to Reclaim Life After Years of Caregiving”](#)

All information presented is for educational purposes only.



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

Empowering older adults and caregivers with information on aging, services and resources
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, 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.

