



April 18, 2023

### **Decluttering\***

I have recently started to go through my 'stuff' in earnest. It's difficult. (I end up going down Memory Lane and spending time reminiscing over many items which slows the process!) It can be difficult to separate the memories from the items. Country Living offered hints for decluttering in their article "[How to Declutter Your Home in One Weekend: A Nine-Step Guide](#)". Do your kids want your 'stuff'? Maybe - but keep in mind that today's trends are different than in years past.

### **Are You a Relative Care Provider?**

Quite often we hear about grandparents or other relatives caring for a child due to a birth parent's unavailability or inability to provide care. [Mission WV](#) has numerous resources for these caregivers including legal resources, financial resources, and information on the home study process.

### **Suicide Prevention\***

According to the CDC, someone dies by suicide every 11 minutes. There are [high risk groups](#) that include those over 45, veterans, and LGBTQ+. [Mental health issues](#) particularly depression are often associated with suicide. It's a myth to think that those who talk about suicide will not follow through. Know the warning signs. Ask. Be there. Help them connect with resources. Be aware of [how you can help](#).

### **Scams**

Scammers keep up with the news, with trends, and with technology. Learn about the scams that are circulating and protect yourself.

- A AI or artificial intelligence is being used to produce fake voices and images. Altered images show celebrities or politicians endorsing products or ideas but the images are NOT who you think they are. The Federal Trade Commission warns consumers that [AI voice technology](#) aids scammers who extort money from family members. Peoples' faces and voices can be obtained from social media or other sources. Voice clones may be completed with as little as 3 seconds of the person's voice, according to [9to5mac.com](#).
- A "Juice Jacking" is another scam that is in the news. This is when people use a public charger for their phone that has been modified to hijack the data. A skimming device is installed in the USB ports allowing scammers to steal information and it continues after you've unplugged your phone. Watch the video on [Rossen Reports](#). [Data blockers](#) help protect your devices when you're recharging in public places.

### **Disenfranchised Grief\***

Have you heard of "disenfranchised grief"? Kenneth Doka, an ordained Lutheran minister and Professor Emeritus of The College of New Rochelle, has spoken on and taught about grief and loss for many years. Disenfranchised grief is the grief experienced when we lose a pet, a friend, or endure a type of loss that is not mainstream. It's the type of grief that doesn't get the support that other types of losses evoke. Grief is a very personal thing. How we grieve and for whom or what we grieve is not up to the discretion of others.

### **Valuing the Invaluable**

AARP released their report on strengthening family caregiver supports. Did you know that family caregivers' unpaid contributions were approximately \$600 billion? This is based on about 38 million caregivers who provide an average of 18 hours of care per week for a total of 36 billion hours of care, at



an average value of \$16.59 per hour (which is a low figure in our area). Go the [AARP Public Policy Institute report](#) for more details on informal caregiving.

### **The Addiction Machine**

Belmont County Student Services will offer another showing of “The Addiction Machine” which shows how slot machines or “pokies” are rigged, addictive, and everywhere. The film shows the complex network of designers that work toward the goal of luring gamblers in, keeping them interested, keeping them playing, AND keeping them losing. It’s a multi-billion dollar industry that is international in scope. The virtual program will be offered on April 19 from 11am – 12noon. Go [here](#) to register. For more information, contact Catherine Lanham at [catherine.lanham@ecoesc.org](mailto:catherine.lanham@ecoesc.org).

### **National Center for Law and Elder Rights Program\***

The [Closing the Justice Gap for Older Adults](#) training series will explore how legal aid advocates may represent older individuals experiencing legal issues that threaten their autonomy, even when their decisional abilities may be questioned by some. This training will explore the ethical considerations involved in outreach and referrals, and the elements of such attorney client relationships, including duty of loyalty to the client, determining client goals for representation and the elements of legal capacity.

### **Mountaineer Food Bank**

The Mountaineer Food Bank will offer a Mobile Food Pantry serving Marshall County residents. The Mobile Food Pantry will be held Wednesday, April 19, 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.

### **Senior Support Fair at the OV Mall**

The free event returns to the Ohio Valley Mall on Tuesday, May 2, 2023. Exhibitors will be available to talk to consumers about services and resources in the area from 10:00 am – 2:00 pm. Nursing homes, independent housing, information services, hospice services, and many others will be represented at the event. Join us and learn what is available!

### **Vaccinations, Boosters, Flu Shots**

- The CDC offers [information on vaccinations](#) which are appropriate to age and health conditions.
- Covid vaccinations and boosters are available at most pharmacies. Home tests can be ordered [here](#) or [here](#). They can also be obtained at most pharmacies.
- Annual flu shots are available at several pharmacies in the area.
- Vaccinations including the shingles vaccine are now covered by Medicare.
- Check with your physician for any contraindications.
- Keep a log of visits, treatments, and vaccinations you’ve received that includes the date and where the service was administered. The Senior Medicare Patrol and local SHIP counselors offer this [booklet](#) to help.

### **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: 1<sup>st</sup> Thursday at 11am at Senior Services of Belmont County, 67650 Oakview Drive, St Clairsville OH [akoegler1995@gmail.com](mailto:akoegler1995@gmail.com)



## Timely Resources

Guernsey County: 3<sup>rd</sup> Wednesday at 3pm [Stacey.clark-frame@altercareonline.net](mailto:Stacey.clark-frame@altercareonline.net)

Jefferson County: 3<sup>rd</sup> Thursday at 3pm [starr.decariarx@gmail.com](mailto:starr.decariarx@gmail.com)

Harrison County: 4<sup>th</sup> Wednesday at 3pm [tblanchard@iccare.com](mailto:tblanchard@iccare.com)

### WEST VIRGINIA

Brooke / Hancock County: 2<sup>nd</sup> Monday at 2pm at the Brooke County Senior Center, 948 Main Street, Follansbee WV [tblanchard@iccare.com](mailto:tblanchard@iccare.com)

Marshall County Senior Coalition: 2<sup>nd</sup> Weds at 2:30pm at Marshall County Senior Center, 805 5<sup>th</sup> Street, Moundsville WV [corris@valleyhospice.org](mailto:corris@valleyhospice.org)

Senior Partnership (formerly Ohio/Marshall County Coalition): 1<sup>st</sup> Monday at 11am via Zoom [pcalvert@fsuov.com](mailto:pcalvert@fsuov.com)

## 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.

### **\*Decluttering**

*Next Avenue* offers more hints in their article "[To Get Organized, Stand Up to Your Stuff](#)".

Do you kids want your stuff? These articles lend some insight into how we set up our estates.

There may be some items that your kids want. Read [how one family moved forward](#) with their loved one's possessions. What about your other possessions? Is it "[Time to Face Reality: Your Kids Don't Want Your Stuff](#)"?

### **\*Suicide Prevention**

988 – [Suicide & Crisis Lifeline](#)

Call 988 if you or a loved one is in crisis

NAMI (National Alliance on Mental Illness) national office - <https://nami.org/Home>

NAMI – [National Alliance on Mental Illness Wheeling](#)

Support groups, conferences, information on mental health

SAMHSA – [Substance Abuse and Mental Health Services Administration](#)

Veterans – [Veterans Suicide Prevention](#)

Jerry's Walk – held in St Clairsville OH on April 30 to bring awareness to suicide.

Go [here](#) to see how you can get involved!

### **\*Disenfranchised Grief**

Read [Dr. Doka's post](#) on Disenfranchised Grief.

There are many sources of disenfranchised grief. Read more in this [article](#).

### **\* National Center for Law and Elder Rights Program**

NCLER has offers [trainings on issues](#) relevant to elder issues. Information is available on archived webinars (including Part 1 of this series) and on future trainings.

### **Thank You**

Br. John Byrd of the South Wheeling Preservation Alliance provided a program focusing on South Wheeling. There is so much history to that neighborhood! Thank you for giving us a glimpse of the rich history. Keep an eye out for upcoming programs!



## 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](mailto: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](mailto: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.**

