



December 7, 2021

Observing Pearl Harbor Remembrance Day

2,403 Americans were killed and 1,178 people were injured in the attack on Pearl Harbor on December 7, 1941. President Franklin Roosevelt called it “a date which will live in infamy” in his [speech to the American public](#) on December 8, 1941. Thank you to those who served.

3G is Coming to an End

3G or the 3rd generation of wireless will be ending, with most carriers discontinuing service by mid-year 2022. This can affect not only cell phones, but also certain medical devices, tablets, smartwatches, in-car SOS services, Kindle readers, home security products and other devices. You may have received information but check with your carrier if you have questions. Get more information [here](#).

Scams and 3G Changes

Pay attention to scam attempts with the elimination of 3G. This will be a perfect opportunity for scammers to try to get personal information, sell you “upgrades”, try to convince you that there are fixes, offer discounts, and more. Don’t share account numbers or passwords. Contact your carrier for information on your device(s). Don’t be scammed!

Scams and the Holidays

Scammers love the holidays. There are so many opportunities to con people. Do you shop online? Make sure you are shopping at a reputable site with a secure URL. Do you want a puppy? People fall for puppy scams, paying a lot of money for a dog that probably doesn’t exist. Want to donate to a charity? Support your local organizations or donate to known charities. [Forbes](#) talks about charitable giving and scams. The FBI offers [tips](#) for staying safe, and the Better Business Bureau talks about the [top 12 holiday scams](#). Be cautious. Stay safe.

Medicare Part B Premium Increase, Social Security Cost of Living Adjustment

The 2022 Medicare Part B Premium increase is the largest in history with an increase of \$21.60. One of the considerations is the approval of the Alzheimer’s drug Aduhelm®. The Social Security Cost of Living Adjustment is 5.9%, and is the largest raise in 30 years. Read more about the changes in this [AARP article](#) and in this [CMS press release](#).

Caregiver Hacks

Caregiver hacks are ideas that help simplify tasks, the environment, or daily activities. Here are some ideas.

Pool noodles can be cut to size and split down the middle to hold playing cards. They can also be cut and placed over a door to keep the door from closing or help protect fingers from being shut in the door.

Lay out clothes in the order they are put on. Stack it or lay it out from left to right.

Wrap rubber bands around drinking glasses. They help improve grip.

What about a [temporary tattoo](#) to help identify your child or loved one, or to notify others of allergies? You can find more hacks [here](#).

Holiday Safety

There are several areas to consider when we think about safety and the holidays. How can we travel safely? What about holiday decorations? Watch out for potential fire starters. Food safety is a concern with holiday meals. Make sure to refrigerate leftovers promptly. [The National Safety Council](#) offers tips for consumers on holiday safety.



Webinars

WVU School of Social Work has announced the Spring 2022 [Lunch and Learn schedule](#). Most programs are one hour and offer 1 CEU.

What to Consider with Food Donations

*What needs to be added? For example, mac & cheese needs milk and butter, and Hamburger Helper needs ground meat. Consumers and food pantries may not be able to supply these items.

*Tea bags, coffee, sugar, powdered milk, flour, stuffing mix, cake mix, frosting, salt, pepper and spices are good to include.

*If you donate to outside boxes (I.e: Blessing Boxes in the Wheeling area), don't forget that many foods will freeze. Avoid foods in liquids and jars in the winter.

*Consider a cash donation to food pantries or soup kitchens. They may be able to get a better price for purchased items.

See more ideas [here](#).

FEMA COVID Funeral Coverage

With only 1,528 applicants registered for FEMA's COVID-19 Funeral Assistance to date, FEMA is urging those who paid for funeral expenses due to the coronavirus, and have not applied, to do now. Share this information, if you or someone you know, had funeral expenses related to COVID-19." Read more about applying for FEMA assistance [here](#).

Consumer Products from Today's Caregiver

There are a few products featured on Today's Caregiver that may be of interest to our consumers. The [HelpUp Air Lift](#) is an inflatable fall rescue product. [Vayyar Home](#) is a fall detection system. [Several products](#) are previewed on the website that focuses on caregiving.

Is Hospital At Home the Future of Medical Care?

There's no place like home. It's not just what Dorothy says at the end of The Wizard of Oz. For anyone who has been hospitalized, there IS no place like home. [Next Avenue](#) has an interesting article on this trend describing services that can be done at home allowing patients to be treated and recover where they are comfortable, where they can rest, and where the services come to them. (For those of us old enough to remember, doctors did make house calls back in 'the day'.)

Mountaineer Food Bank

Don't forget to let your WV consumers know about the [Mountaineer Food Bank](#) distribution at the Wheeling Island Casino parking lot on December 9 from 11am – 1pm. The distribution is open to West Virginia residents, and offers one box per family. There is a list of West Virginia distribution sites on the website.

Vaccination Information Available

Covid vaccines are widely available for all age groups.

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

Pfizer and Moderna booster shots are available at numerous locations.

The Centers for Disease Control offers a great deal of information about the COVID vaccines. For more information, go [here](#). You can learn about the vaccines, and also read about the myths that surround the vaccines. Be an informed consumer. Talk to your physician and read about the vaccines. Make the choice that is right for you.



Timely Resources

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

Timely Resources

Here are some resources to explore:

[Brain and Life Magazine](#) offers information on neurological issues and living with those issues.

Subscriptions are free.

The American Academy of Neurology offers the website [Neurology Today](#) with articles relating to neurological issues.

[The National Institute on Aging](#) offers information on health issues related to aging, caregiving, and other topics.

[The US Department of Health & Human Resources](#) website has information on aging, elder justice, and more.

Want to learn about healthy aging (and other aging issues)? Check out the [National Council on Aging](#) website.

Check out these reads:

The Gift of Years: Joan Chittester, BlueBridge, 2008

Aging as a Spiritual Practice: A Contemplative Guide to Growing: Lewis Richmond, Gotham Books, 2021

How Did I Get to Be 70 When I'm 35 Inside?: Linda Douty, Skylight Paths, 2011

Healing Into Possibility – the transformational lessons of a stroke: Alison Bonds Shapiro, HJ Kramer, 2009

Don't forget to check out the [Altenheim Retirement Community](#) webpage for information on our services, a blog, a calendar of events, and other information.

Hiring

- [IC Care](#): Experienced in-home caregivers
- [Amedisys Hospice](#): RN/case manager
- 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
- [Necco Foster Care](#): foster care managers in Wheeling, Elkins, and Fairmont
- Many local businesses are hiring: Menard's, Kohl's, TJ's, Taco Bell, and other retail.

Happy Holidays from the Altenheim family!





Altenheim Retirement Community

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



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 other conveniences.

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, general repairs included in monthly rent.
Utilities are not included.

We are accepting applications!
Contact George A. Dakovic, Executive Director at 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.

