



December 15, 2022



### **The Holidays are Upon Us**

Christmas, Hanukkah, and Kwanzaa are celebrated in December.

Merry Christmas! Hanukkah Sameach! Happy Kwanzaa!

Wishing everyone the joy of the season, the fellowship of friends, the love of family, and rich blessings in the coming year.

### **Shopping from Home**

Time constraints and other responsibilities may make it difficult to get to stores, especially if shopping areas aren't close and transportation is limited. With a computer and a credit card, you can shop for anything and it will be delivered to your door. There are shopping sites such as [Rakuten](#) that offer cash back rewards for on-line purchases from stores that include Wal-Mart, Target, Lowe's and many others. Options for similar sites are available for you to explore [here](#) and [here](#). Many sites offer deals during the season, too. Check for reviews and ratings. You can also check the [Better Business Bureau's Scamtracker](#) when researching a business or web site if you have concerns.

### **Home Delivery Convenience for Consumers – Not Just for the Holidays**

It can be difficult for any consumer to get to grocery stores, pharmacies, or restaurants due to transportation issues, physical limitations, caregiving obligations, or other considerations. Home delivery for daily necessities can be arranged for year round delivery which can be helpful for older adults and caregivers. Contact your grocery store and/or pharmacy or do an on-line search for home delivery options.

### **Porch Pirates**

Consumers need to beware of those people who steal packages from your doorstep. Porch pirates stole about \$5.4 Billion in packages last year. Try to be home for deliveries or arrange for your purchase to go to your office or a neighbor's home. Here are some products to [help protect your home deliveries](#).

### **Better Business Bureau's Top Scam List**

We get hit with scams all year but the holiday season offers more opportunities for those who want our money and our personal information. Misleading social media ads, social media gift exchanges, free gift cards, and fraud alerts are among the top scams on the Bureau's holiday scam watch list. Read more about the [Better Business Bureau's top scam alerts of the season](#) and how to avoid getting conned.

### **Winter Weather Preparation**

Be sure to get prepared for what winter may throw at us. We need to [winterize our homes outside and inside](#) as well as [prepare our cars](#). You may want to keep a shovel and sand in your car for icy travel or a blanket and sweatshirt in the back seat just in case. Check out more [winterization tips from the American Red Cross](#). Take care of your animals! Check out these tips for [winter pet care](#).

### **Winter Safety**

In addition to preparing your home and car for winter, you need to prepare YOU! Wear appropriate clothing and footwear for cold, snow, and ice. [Shoveling snow](#) can be an issue with muscle sprains, back strains, falls, and heart health. Be prepared for [winter storms](#) which can cause power outages, broken tree limbs or falling trees, and other issues. Be aware of generator safety. [Get more tips](#) to help you stay safe.



### **Caregiver Stress\***

It's a difficult world out there. When you're providing care to someone, it's even more stressful. What can you do to ease some of the anxiety? [Caregiver hacks](#) give you ideas on how to make daily activities a little easier. (\*More information in Timely Resources for Readers)

### **Can My Care Receiver Stay Alone?\***

Caregivers are often faced with this question. It's a tough situation as many caregivers work outside the home or they may have to run errands. Can my loved one get help if they need it? Are they safe around the stove? Will they leave the house? [Today's Caregiver](#) offers some questions to ask yourself. The answers may help you make the decision. (\*More information in Timely Resources for Readers)

### **Driving – A Caregiver's Challenge**

Caregivers are often faced with the challenge of assessing the care receiver's driving habits. Do they get lost? Do they know what traffic signs and signals mean? Can they navigate the "orange barrels" that are all over our local roads? This [article](#) will give you some ideas on what to watch when assessing a loved one's driving. Driver's evaluation programs are available in many areas which test an individual's driving capacity. [Carriage Inn of Steubenville](#) has a driving simulator program for consumers. The American Occupational Therapy Association has [a searchable site](#) for information on driving programs.

### **New Alzheimer's Drug Being Evaluated**

Lecanemab is the latest drug to be researched for efficacy in treating Alzheimer's disease. There have been some concerns as the trials progress although researchers indicate success with the drug. Read about lecanemab trials [in this article](#). Another [drug being developed by Lilly](#) – donanemab – is in the news also. An earlier drug [Aduhelm](#) met with a great deal of controversy.

### **Estate Recovery Information**

The [National Center on Law and Elder Rights](#), one of the programs of the [Administration on Community Living](#), offers information on elder issues and recently conducted a webinar on "Preserving Home Ownership: Estate Recovery". Estate Recovery is a federal program but there are parts of estate recovery that are left up to the state. The webinar discussed the different aspects of estate recovery and explained general estate recovery regulations. NCLER [webinar recordings are archived](#).

### **Thank you**

Thank you to John Forsyth for his time and expertise for the Medicare educational program on November 15. We appreciate that you do these programs for us!

### **Thank you for your support!**

Altenheim Resource & Referral Services has been part of the Wheeling community for over 25 years offering information on choices of services available to older adults and their caregivers. Our longevity is because our callers – family, friends, and professionals – have trusted us to provide unbiased and confidential information on resources. We are so grateful. Thank you for your support and your confidence in us. We are privileged to serve.

### **Support Groups**

\*Valley Hospice is offering Drop-In Grief Support Groups with no registration required.

2<sup>nd</sup> Monday of each month, 2pm – 3:30pm, First West Presbyterian Church, Steubenville OH

3<sup>rd</sup> Monday of each month, 2pm – 3:30pm, First Christian Church, 1343 National Road, Wheeling WV

For information or to register, contact Liz Ellsworth, Grief Services Coordinator, 740 859-5650.



\*Dementia Support Group is offered virtually by Lori McGlumphy on the first Wednesday from 6pm – 7pm. Contact Lori at 304 281-5778 for details and the winter schedule.

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

Covid vaccinations and boosters are available at several pharmacies and local health departments. Annual flu shots are available at several pharmacies in the area. Check with your physician. Be proactive with your health!

Covid tests are now available and can be ordered through: <https://www.covid.gov/tests>

### **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: 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)

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)

Ohio / Marshall County: 1<sup>st</sup> Monday at 11am at Family Service-UOV/Ohio County Senior Center, 2200 Main Street, Wheeling WV [pcalvert@fsuov.com](mailto:pcalvert@fsuov.com)

## Timely Resources for Readers

\*\*The Family Caregiver Alliance is offering a [free educational webinar on Medicare Basics](#) on Wednesday, December 14 from 12:00 noon – 1:00pm.

\*\*Check out more Caregiving Hacks from AARP with [video caregiving tips](#). [Pinterest](#) has lots of ideas too. See what can make your caregiving life less difficult.

\*\*Check out our Altenheim website which includes [“Should My Relative Live Alone”](#) and [“A Daily Task Appraisal”](#), tools that may give insight into your care receiver’s ability to be alone or live independently.

## Hiring

**West Virginia's Choice** is hiring in all 55 counties. Ask about sign on bonuses and incentives. Contact Billie O’Connell at [boconnell@mulberrystreetmanagement.com](mailto:boconnell@mulberrystreetmanagement.com).

**Catholic Charities WV** is hiring Homemakers/Caregivers/CNA’s/STNA’s from Moundsville to Chester & all the surrounding areas. Contact Ed Murray at 304-905-9868 or [emurray@ccwva.org](mailto:emurray@ccwva.org).

**Family Service-Upper Ohio Valley** – hiring in-home caregivers, nutrition driver, and transportation driver. Contact Paula Calvert at [pcalvert@fsuov.com](mailto:pcalvert@fsuov.com) or call 304 233-2350 ext 105.

**Good Shepherd Nursing Home** – Contact HR at 304 242-1093. Ask about employee benefits.

**Visiting Angels Upper Ohio Valley WV** – Hiring in-home caregivers. Contact 304 214-5550 or apply online at <https://www.visitingangels.com/upperohiovalley>.

**IC Care** – Hiring experienced caregivers. Contact Tate Blanchard at [tblanchard@iccare.com](mailto:tblanchard@iccare.com)

**Brooke County Committee on Aging** is hiring in home caregivers. Will train. Contact LuAnn at [radinhome22@gmail.com](mailto:radinhome22@gmail.com).



Timely Resources

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, recreation, and other conveniences.*

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

**We are accepting applications!**

Contact George A. Dakovic, Executive Director at [gam.dakovic@gmail.com](mailto:gam.dakovic@gmail.com).



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, 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.**

