



June 8, 2026

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

June Observances*

Numerous June observances include *Men's Health Month* with the 2026 theme "Partners in Care", *National Safety Month* which offers a different safety focus each week throughout the month, *LGBTQIA Pride Month* commemorates the Stonewall riots in Manhattan in 1969 and rallies support for the LGBTQIA community, and *National PTSD Awareness Month*, which can affect men, women, and children as a result of trauma in their lives. Events due to combat, accidents, disasters, and abuse are just a few of the causes of PTSD. [D-Day](#) – the invasion of Normandy in World War II is observed on June 6. *Juneteenth* is celebrated on June 19th and observes the day that newly-freed Texas slaves were read the Emancipation Proclamation more than 2 years after President Abraham Lincoln issued the order. These are just a few of the observances celebrated in June. You can find more information on June observances at [Parade](#).

The Birthday Rule for Medicare Supplements (Medigaps)*

West Virginia legislature passed the "Birthday Rule" for Medicare Supplement (Medigap) policyholders during the last legislative session. This law goes into effect on June 11, 2026. West Virginia's Medicare Supplement (Medigap) "Birthday Rule" permits you to change your Medigap policy to one with equal or lesser benefits without medical underwriting. You can do this annually during a 60-day window beginning on the first day of your birthday month, provided you have continuously held the same Medigap policy for at least 24 months.

Skilled-Care Admission Requirements*

Consumers with traditional Medicare are required to have a "qualifying inpatient hospital stay" (which is 3-day admission) for admission to skilled care. Observation status does not count nor does time spent in the emergency department. Be sure to confirm that you have been admitted and that you will meet the "qualifying inpatient hospital stay" rule if you will require skilled care upon discharge from the hospital.

If you have a Medicare Advantage plan, the qualifying inpatient hospital stay rule (3-day admission rule) may not apply. Check with your plan regarding your policy coverage.

Summer Health

It is exciting to see another summer approaching! Along with the joys of summer come some words of caution. Insects can cause problems: mosquitoes, ticks, bugs with stingers. Dehydration can be a problem when we fail to consume enough fluids. Heat stroke can be another problem. Volunteer Editor Jeanette Wojcik will provide more information about summer health concerns in this month's Deeper Dive.

Scams

Artificial Intelligence is out there and it's not going away. Scams using AI are getting more prevalent and more sophisticated. Voice cloning makes phone-based scams more convincing and harder to detect. Deepfake technology makes imposter schemes more convincing to potential targets. Most people have gotten a notice that one system or another has had a data breach and we are encouraged to be vigilant with our accounts. Scammers get your personal information and can commit fraud – on your dime and your time. Be cautious. Protect your personal information. Read more about the [top 10 scams to avoid](#) this summer.



Senior Discounts

We are all looking for ways to save money. Groceries are up. Clothing prices have risen. Gas has gone up dramatically in the past year. We shop with coupons. We use our fuel points. And, we may shop where we get a discount. [AARP](#) is one source with many businesses and services offering a discount for those with an AARP membership. You can find information on more senior discounts at the [Biggest List of Senior Discounts](#). When you are shopping or dining, ask if that business accepts a discount. All they can do is say “no” but you may be able to save a little money!

Could I Have Money Somewhere?

[Yahoo Finance](#) tells us that “Americans have over \$2.1 trillion sitting in abandoned 401 (K) accounts”. According to Capitalize and the [Center For Retirement Research](#), an estimated 31.9 million 401(k) accounts holding roughly \$2.1 trillion have been forgotten or left behind by their owners. How can you find out if you have money somewhere? *Contact former employers directly, especially if you worked there for several years or contributed regularly to a 401(k). *Check old paperwork or emails for plan administrator names, account numbers or rollover notices. *Search the National Registry of Unclaimed Retirement Benefits, which can help locate pensions and other retirement plans tied to former employers. *Look for default IRAs, also called automatic rollover or safe harbor IRAs, which employers may have opened automatically if your balance was small when you left a job. They also get created if you do not respond to notices from the former employer. These may be found in the database [FreeERISA](#).

Downsizing – Part 1

You’re ready to downsize. Now what? Sit down, take a deep breath, and [get your thoughts organized](#). What do I do? Start with the items that are easy to get rid of – things that hold no sentimental value. Start with one room and set a time that you will be working. Then, take a break or move on to another task and go back to that room later. Downsizing (or rightsizing) can be overwhelming. It doesn’t have to get done all at once. We didn’t accumulate all that stuff in a day so it’s going to take a while to sort through it!

Downsizing – Part 2*

It’s a different world in terms of handing down items that used to be treasured. Grandma’s china or the dining room set that holds so many holiday memories are treasures to us but, let’s face it. Our kids don’t want this ‘stuff’ and, often, find it to be a burden if they inherit it. We need to think about [what to do with it now](#). There may be items that some family members want. Give it to them now. If you have valuable items, you can find an appraiser at [The Appraisers Association of America](#). You can try on-line auction sites or social media market places. Think about four things: Keep, Trash, Donate, Sell. If you are staying in your home or if you are relocating, work on decluttering and downsizing now.

Behaviors and Dementia

Dealing with difficult behaviors is hard for caregivers. [Understanding why the behaviors are occurring](#) may help diffuse a situation. Is the person too hot or too cold? Are they hungry? Do they have to go to the bathroom? Are they tired? Are they in pain? Is there too much stimulation around them? When people with dementia cannot articulate what is wrong, it’s difficult to second guess the situation. Think about “Reassure. Distract. Redirect”. This technique can help divert attention and give you an opportunity to determine what the trigger for the behavior.



Marshall County Shopping Program

Marshall County Family Resource Network's Senior Shopping Support Program connects volunteers with seniors who need a little extra assistance while grocery shopping. Volunteers can help navigate the store, place items on the checkout belt, and carry and load groceries into vehicles. Volunteers are ready to help, and Marshall County FRN needs seniors who can benefit from the program! If you or someone you know could use this service, give us a call at 304 845-3300. The next Shopping Date: June 28.

Support Groups

Myasthenia Gravis Support Group

The Support Group will meet on June 27th. Interested persons with MG or their caregivers may call Jay Adams at 304 780-9274 to register or for information.

Wheeling Parkinson's Support Group

The Wheeling Parkinson's Support Group meets on the 4th Friday of the month at 10:30 am at Family Service Upper Ohio Valley (Ohio County Senior Center), 2200 Main Street, Wheeling WV. The next regularly scheduled meeting will be on July 24th.

Alzheimer's / Dementia Caregiver Support Groups

*Harvest Baptist Church, 1207 Covert Street, Moundsville WV, has started an Alzheimer's Caregiver Support Group to help those who are caring for loved ones with memory loss. The group will meet the 4th Thursday at 5:30pm at the church. For more information, contact Karen at 304 845-0671.

*Opportunities to Shine, First Christian Church (Disciples of Christ), 1343 National Road, Wheeling, 4th Wednesday at 4pm. Contact Sara Alig at sara.alig@westliberty.edu for more information.

Looking for a Job?

Home-delivered meals driver needed – Contact Family Service Upper Ohio Valley (Ohio County Senior Center) at 304 233-2350.

In-home service caregivers needed - Contact Family Service Upper Ohio Valley (Ohio County Senior Center) at 304 233-2350.

Location Change! The Upper Ohio Valley Walk to End Alzheimer's will take place at Wheeling University on Sunday, September 27. Opening ceremony will be held at 1pm and the Walk starts at 2pm. For more information, contact Christina Beck at cbeck@alz.org.

Vaccinations, Boosters, Flu Shots

Talk to your primary health care provider about vaccinations that will benefit you, and check with your insurance plan regarding coverage. This is [the list of recommended vaccinations for adults currently on the CDC website](#). Reports have indicated that those older adults with Medicare who request vaccinations will [still have coverage](#).

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,
akoegler1995@gmail.com

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

Jefferson County: 3rd Thursday at 3pm at Jefferson County Chamber of Commerce,



starr.decariarx@gmail.com

Harrison County: 4th Wednesday at 3pm at Cadiz Senior Center Starr.decariarx@gmail.com

WEST VIRGINIA:

Brooke County: 2nd Monday at 2pm at the Brooke County Senior Center Chris Orris at corris@valleyhospice.org

Ohio County Adult Services Coalition: 3rd Tuesday at 2:00pm at the Ohio County Public Library, 52-16th Street, Wheeling Samantha Walters at Samantha.Walters@chs-corp.com

Marshall County Senior Coalition: 2nd Weds at 2:30pm at Marshall County Senior Center corris@valleyhospice.org

Timely Resources for Readers

A June Observances

- *Men's Health Month*
 - "Partners in Care: Men's Health Through Connection, Education, & Advocacy Across the Lifespan for Better Lifespans" talks more about [men's health](#).
- *National Safety Month*
 - Focuses on a different safety issue throughout the month, and offers [resources and information on safety concerns](#).
- *LGBTQIA Pride Month*
 - Pride Month is a time for remembering those who paved the way for the LGBTQIA community and who continue to do so. It's a time for [education and breaking down barriers](#)
- *National PTSD Awareness Month*
 - Anyone of any age can experience PTSD after a traumatic event. Find [more information](#) on PTSD.
- *Juneteenth*
 - The 250,000 slaves in Texas may not have realized that they were free. Read more about [Juneteenth](#).

A The Birthday Rule in West Virginia

- Read more about the Birthday Rule. The [West Virginia legislation](#)
- Several states have the "Birthday Rule". [This article](#) talks about the rule and the states that offer this option.

A Skilled-Care Admission Requirements

- Read more about [qualifying in-patient stays](#) for skilled care.

A Downsizing – Part 2

- The Family Caregiver Alliance offers [a checklist for those who are downsizing for a move](#).



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

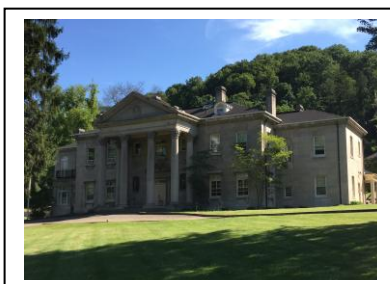
Lawn care, snow removal, general maintenance, general repairs included in monthly rent

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 for over 25 years

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

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 with questions about resources and issues concerning older adults and caregiving.

