



November 27, 2023

Despite efforts to keep to the newsletter schedule, it just didn't happen!
We hope you had a peaceful and blessed Thanksgiving!

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

Medicare Annual Open Enrollment

The [Annual Open Enrollment](#) is here, running from October 15 through December 7, 2023. Review your current plan's Annual Notice of Coverage and determine if you need to make any changes for 2024. Are your prescriptions covered? What are co-pays? Are co-pays and premiums affordable? Has your health changed? Have your health care providers changed? Does your still meet your needs?

Long Distance Caregiving

Are you a long distance caregiver? There are so many things we need to pay attention to when we're caring for someone across the miles. We need to pay attention to our loved one's *finances* (are bills getting paid?), *food* (Is there adequate food in the frig and in the pantry? Is it outdated?), *cleanliness* (How is your loved one's personal hygiene?), and *safety* (Is the house safe? What about the neighborhood?). You can download [The Handbook for Long Distance Caregivers](#) from the Family Caregiver Alliance with tips for long distance caregiving. In addition, find out about resources that may help your family. (Give us a call if we can help.)

Holiday Giving*

Consider how you can help your community neighbors this holiday season. Food pantries are in need of food and monetary donations. Holiday giving trees are filled with children's requests for games, gift cards, and toys. Animal shelters can use monetary donations as well as food, cleaning supplies, and blankets for the fur babies. Volunteer organizations need support and volunteers. Freeze shelters can use consumable products (paper cups, paper plates, disposable utensils), cleaning supplies, and monetary donations (to name a few ways to help). Not only do organizations benefit from the generosity but donors may qualify for credit on their income tax.

Holiday Giving Caution*

We are a generous society. Generosity is good but we can be generous "to a fault". The "fault" is that we may write a check before we know about the legitimacy of a charitable request. Scammers have a lot to work with during the holidays and they won't hesitate to put a damper on your holiday spirits. Know the organization to which you're donating. Don't be pressured into making a donation. (Ask for written information.) You can check charities at [Guide Star](#) or [Charity Navigator](#).

Driving in the Dark*

Our vision changes as we age and some of us started out with less than perfect vision! In addition to 'normal' changes such as decreased acuity at night, we will probably experience cataracts (1:10 when we reach late 50's and more than half of us after age 80). Some also develop macular degeneration and/or glaucoma. Night driving becomes especially challenging. *AARP The Magazine* (October/November 2023) offers a few tips to consider such as avoiding driving after dark as much as possible (which becomes more difficult as the days shorten), use bright lights if there are no incoming cars, and keep your windshield and headlights clean, and get your eyes examined annually or more frequently if necessary.



Turning 65 in 2023

In celebration of AARP’s 65th birthday, an article was published in *AARP The Magazine* (October/November 2023) reflecting on how things have changed since 1958 when today’s 65 year olds were born. AARP The Magazine (October/November 2023) gives us some insight into a few of the ways life has changed since 1958.

- A There are more of us. In 1958, 9 percent of Americans were 65 and older and in 2023, 17 percent are 65 and older.
- A Celebrities turning 65 this year include Madonna, Ice-T, Kevin Bacon, and Jamie Lee Curtis.
- A Median income in 1958 was \$2,666 (adjusted for inflation: \$28,200) and median income today is \$47,620.
- A In 1958, 6 satellites circled the earth. Today there are more than 11,300.
- A In June 1958, the median price of a home was \$19,214 (adjusted for inflation: \$410,000) and in June 2023, the cost was \$410,000.

Reality check: Chevy Chase, Joni Mitchell, Eric Idle, Barry Manilow, Randy Newman, Roger Waters, MICK JAGGER and KEITH RICHARDS all turned 80 this year. (Source: springchicken.co.uk)

In Memory: Rosalynn Carter

I didn’t realize how much Rosalynn Carter had done until her death. Her family, friends, and colleagues offered such inspiring and emotional tributes at her funeral as they shared insights into her skills, her personality, her character, her faith, and her love for people, her family, and “Jimmy”. Her contributions to caregiving, especially, were well-known to those of us who have worked with older adults, caregivers, and care receivers. Her work with mental health impacted how we view mental health and lead the way for services, programming, and destigmatization. Rosalynn Carter did so much more than these two examples of her care and compassion. Thank you for working to make this a better world.

November is National Family Caregiver Month

Rosalynn Carter said “There are only four types 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 a caregiver.” Caregiving is an incredibly hard job. Caregiving impacts every aspect of our lives. Thank you to those who have been, who are, and those who will be caregivers.

Caregivers: There are services and support groups to help. Let us help you navigate the journey.

Up & Coming

December 8 at 8am – 13th Annual [Partners in Prevention Conference](#), Highlands Event Center, 355 Wharton Circle, Triadelphia WV.

December 12 at 11:30 am – *Remembering Christmas in Wheeling* with speaker Steve Novotney. Free program that includes lunch & door prizes! Bring your memories and join us for some reminiscing! Family Service UOV (Ohio County Senior Center), 2200 Main Street, Wheeling. All are welcome! Call 304 233-2350 ext 105 to reserve your seat!

Cosponsored by Family Service UOV (Ohio County Senior Center) and Altenheim Resource Services.

December 14 at 12:00 noon – *Holiday Photography* with presenter Daniel Carol. Free program that includes lunch! Ohio County Senior Center, 2200 Main Street, Wheeling. Call 304 233-2350 ext 105 to reserve your seat!



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 akoebler1995@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@theicgroup.com

WEST VIRGINIA:

Hancock County: 3rd Wednesday at 2:00pm at Hancock County Senior Center starr.decariarx@gmail.com or alivingston@change.org

Brooke County: 2nd Monday at 2pm at the Brooke County Senior Center Eric Fithyan chambersandjames@gmail.com

Ohio County Adult Services Coalition: 3rd Tuesday at 1:00 at Vance Memorial Church tblanchard@theicgroup.com

Senior Partnership of Ohio / Marshall Counties (formerly Ohio/Marshall County Coalition): 1st Monday at 11am via Zoom pcalvert@fsuov.com

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

Vaccinations, Boosters, Flu Shots

According to information provided by Savvy Senior, there are vaccinations that older adults need to consider. Three senior-specific flu shot options, the RSV vaccines help protect older and immunocompromised adults from respiratory illness, and the updated Covid booster. Vaccinations are covered by Medicare for those who have prescription coverage.

- 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, boosters, annual flu shots, RSV vaccinations, shingles vaccines, and TDAP (tetanus) vaccinations 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

***Holiday Giving**

A Here are some considerations for holiday giving. Think outside the box. What would be helpful and meaningful? Check out some ideas at [17 Ways to Give Back During the Holidays](#).

***Driving in the Dark**

A The National Safety Council offers more information in [The Most Dangerous Time to Drive](#).

***Holiday Giving Caution**

A Another resource for checking charities is through the [Better Business Bureau's giving site](#).

A Learn about charitable donations for tax purposes. The Wall Street Journal article [Which Charitable Contributions are Tax Deductible?](#) offers information. Also, talk to your accountant or tax preparer for guidelines.

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 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 at 304 280-8701 with questions about resources and issues concerning older adults and caregiving.

