



May 18, 2023

**May is Older Americans Month**



Every May, the Administration for Community Living leads the nation’s observance of Older Americans Month. This year’s theme “Aging Unbound” offers the opportunity to explore an array of aging experiences without being boxed in by expectations and stereotypes. Everyone has a role to play in combating ageism. We all benefit when older adults are independent and included in their communities.

**May is Mental Health Awareness Month**



For Mental Health Month this year, Mental Health America is encouraging individuals to look around and look within. From your neighborhood to genetics, many factors come into play when it comes to mental health conditions. We encourage everyone to consider how the world around you affects your mental health. Consider the isolation of the past few years, the social climate, safety concerns, financial issues, and more. Remember: call 9-8-8 for 24/7 support from the Suicide & Crisis Lifeline.

**Visiting Wheeling Neighborhoods: Center Wheeling Through the Eyes of Steve Novotney**

Family Service Upper Ohio Valley (Ohio County Senior Center) and Altenheim Resource Services are co-sponsoring a series of Lunch & Learns focusing on Wheeling: the neighborhoods, the nuances, the city, the history. The programs are free and lunch will be provided. Steve Novotney will be our special guest speaker on May 25 from 12 noon til 1:00 pm for the second in the series. Call for information about transportation. To reserve your seat and your lunch, call 304 233-2350 ext 105.

**Fake Ticket Scam**

Make sure your tickets for baseball games, concerts, and other events are legit. If you buy a fake ticket on line, you are out the money, you can’t get into the event, and the fake seller has your personal information. How can you avoid fake ticket scams? Read the Rossen Report on [“Spot the fakes before you buy tickets this summer”](#).

**The World of Recording: Video and Audio**

Video and audio recordings have become more sophisticated as technology has advanced. Our phones take stills, video, and audio recordings. Home security cameras have become smaller, more affordable, and offer better results. Doorbells have video and audio functions that have captured porch pirates as well as our legitimate Chewy deliveries. But – aren’t there laws governing the use of video and audio recording equipment? Can you sue if you’re recorded? Maybe. Maybe not. What privacy laws protect consumers? Read more about recording laws at this [FindLaw website](#).



### **Concerned About Cameras in Your Vacation Rental or Hotel?**

Video cameras are everywhere. They're in and around our homes. They are at traffic lights, in parking lots, at toll booths, and in many other public places. But – are they in our rental units or hotel rooms? How can you tell? "[How to Detect Hidden Cameras Within Minutes: Take This Step-by-Step Guide](#)" gives consumers tips on detecting hidden cameras. Remember: there are privacy laws protecting consumers.

### **What *IS* the Law on Video Cameras?\***

As one of my grad school professors always used to tell us when we asked a question: "It depends." There are federal privacy laws that must be considered and there are also state and local laws that dictate video cameras and placements. Generally, bathrooms, bedrooms, changing rooms, hotel rooms, and locker rooms are common areas where video camera use violates privacy laws. "[Security Camera Rights, Rules, and Rules](#)" can offer you some guidance.

### **What About Audio Recordings?\***

Federal and state laws apply regarding the use of recorded conversations. Some states are a one-party consent state which means that an individual can record a conversation that they are part of without the consent of the other party and others are two-party consent states meaning that all parties must consent. Read about the [state laws governing recordings](#). "[Recording Phone Calls and Conversations](#)" can also lend some insight into the laws

### **Focus on Memory\***

We hear a great deal about memory and what we can do to be proactive. Neuroscience tells us there are [things that we can do](#) to help boost our memory such as eating specific foods, building good relationships, improving our environment, spending our time wisely, and walking backwards.

### **Leqembi for Alzheimer's\***

Lecanemab (or Leqembi) was just recently approved making this the second drug on the market specifically for Alzheimer's disease. Yale Medicine offers [their opinion](#) on the drug. It is estimated that the drug will cost approximately \$26,500 per year. Those who are eligible will need routine screens as part of the treatment.

### **Have You Heard of Functional Neurologic Disorder?\***

Functional neurologic disorder (FND) refers to motor, sensory, or cognitive disorders caused by a dysfunction of the connections within the brain. There is no overt damage to the brain unlike what is seen with stroke, MS, or other neurologic conditions. Brain and Life magazine refers to it as a problem with the "software" (connections) of the brain as opposed to the "hardware" or structure of the brain itself. Brain and Life April / May 2023 explores "[What is a functional neurologic disorder?](#)"

### **Medicare & Vaccination Coverage**

As part of the Inflation Reduction Act, adult vaccines recommended by the Centers for Disease Control and Prevention are free for those Medicare beneficiaries with prescription drug coverage (including stand-alone Part D plans and Medicare Advantage plans that include drug coverage) beginning in 2023. Not every Medicare beneficiary has Part D benefits (approximately 9% of Medicare participants are NOT enrolled in a Part D plan). In addition to the lack of coverage for vaccinations, consumers who don't enroll in Part D when they become eligible for Medicare, will be [subject to a penalty](#) when they do enroll. Read more about [2023 Medicare drug and vaccination coverage](#).



**Medicare & Insulin Coverage\***

Capping insulin costs has been another part of the Inflation Reduction Act. For those beneficiaries who have drug coverage through Medicare (including stand-alone Part D plans and Medicare Advantage plans that include drug coverage), a cap of \$35 has been set. Check with your Part D provider or your Medicare Advantage provider for details on how this will affect you. CMS has offered [information on the insulin cap](#). Contact [your area’s \(SHIP\) State Health Insurance Information Program](#) for assistance with Medicare questions.

**Cannabis and Surgery\***

Cannabis use has been in the news a great deal. Some states have legalized cannabis for medical use and some have also legalized it for recreational use. People use cannabis for [chronic pain](#), to help with cancer treatment tolerance, and for pleasure. We are now being informed of the possible effects of cannabis use with anesthesia. The American Society of Regional Anesthesia and Pain Medicine has issued [guidelines on cannabis use in relation to surgery](#) urging anesthesiologists ask questions about cannabis use prior to surgery. There are [many forms of cannabis](#) including edibles, vaped, botanical, tinctures, and oils.

**It’s Time for Yard Work – Be Safe**

Gardening, landscaping, and home construction upgrades come to mind as the weather gets warmer and the days get longer. All of these may entail digging on your property. Before you dig, dial 8-1-1 or go to the [811 website](#). Find out what to do before you dig and learn about [regulations](#) governing state specific processes and laws. You don’t want to dig into an underground utility line!

**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)

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: note changes

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

Ohio County Adult Services Coalition: 3<sup>rd</sup> Tuesday at 2:30 at Vance Memorial Church, National Road, Wheeling WV [tblanchard@iccare.com](mailto:tblanchard@iccare.com)

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

**Vaccinations, Boosters, Flu Shots**

- The CDC offers [information on vaccinations](#) which are appropriate to age and health conditions.
- Covid vaccinations and boosters as well as annual flu shots 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

- 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.

### 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.

#### **\*What IS the Law on Video Cameras?**

- A Can employers video their employees? [Read more](#) on this topic.
- A "[Video Surveillance Laws By State: Everything You Need to Know](#)" talks more about video camera use.
- A What about people caught on [doorbell cameras](#)?

#### **\*What About Audio Recordings?**

- A [Two-party consent states](#) are listed

#### **\*Focus on Memory**

Keep in mind that there are diseases and conditions that impair our memories or our ability to learn. But to stay as sharp as possible, you can be proactive.

- A [The Neuroscience of Learning, Memory, and Emotions](#) helps us learn the science behind these functions.
- A Psychology Today has an article [How to Improve Memory](#).
- A [Foods Linked to Better Brain Power](#) is on the Harvard Health website.
- A The American Heart Association offers [The Best Foods for Brain Health](#).

#### **\*Leqembi for Alzheimer's**

- A Fisher Center for Alzheimer's Research Foundation offers "[5 Things to Know About the New Alzheimer's Drug, Leqembi](#)"
- A NBC News [offers this report](#) on Leqembi, the costs, and the other considerations.

#### **\*Have You Heard of Functional Neurologic Disorder?**

- A For more information on FND, go to the [Functional Neurological Disorder Society](#), [FND Hope](#), or [neurosymptoms.org](#).

#### **\*Medicare and Insulin Coverage**

- A CNN reports on the cap in their article "[Senior citizens won't pay more than \\$35 a month for insulin as new drug provisions kick in](#)"

#### **\* Cannabis and Surgery**

- A The Anesthesia Patient Safety Administration offers [Perioperative Considerations of Cannabis Use on Anesthesia Administration](#).
- A "[Coming Clean: Your anesthesiologist needs to know about marijuana use before surgery](#)" is on the Harvard Health Publishing web page.
- A State laws on cannabis differ. Check on your state [here](#). State laws on [medical use](#) also differ.

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](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.**

