



May 12, 2025

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



IT'S OLDER AMERICANS MONTH!*

May is Older Americans Month and the 2025 theme is “Flip the Script on Aging” which focuses on transforming society’s perception of aging. How is aging talked about? What are the myths of aging? How do people approach aging? “Older adulthood” offers opportunities for continued or renewed purpose, for staying engaged, for exploring what the world has to offer, and for approaching life from a perspective of experience and gratitude.

Happy Mother’s Day!

Wishing mothers, those who have acted as mothers, and those we regard as important women in our lives – Happy Mother’s Day! Mother’s Day has an interesting history beginning with Julia Ward Howe although we are probably most familiar with the story of Anna Jarvis who was seeking to honor her mother. President Wilson recognized the first Mother’s Day in 1914. What Mother’s Day became did not make Anna Jarvis happy. Read the story of Mother’s Day in the story by [Smithsonian American Women’s History Museum](#).

May is Mental Health Awareness Month*

Mental illness knows no boundaries. Mental illness affects any age, economic status, or social standing. Anyone can be impacted by mental illness. NAMI, the National Association on Mental Illness, offers information on the [signs of mental illness](#). Local NAMI agencies offer support groups, resources, and more. Find your [local NAMI group](#). If you or someone you know is in crisis, call 9-8-8. Help is available!

Bullying*

Bullying has always been a problem but it’s [not just a playground problem](#). Bullying occurs across the age range. Maturity and wisdom do not necessarily have a positive impact on this. Long term care staff describes the behaviors of the residents whose behaviors range from name calling to isolation to physical encounters. Some of the encounters are due to cognitive impairment but other incidents are perpetrated by those with no illness or diagnosed mental health issues. “[‘Adult Bullies’: The new toxic behavior an expert says is becoming more common](#)” talks about adult bullying and how bullying has become a new norm.

It’s Time for Gardening and Farmer’s Markets!

Agriculture is big in our area and more consumers are turning to personal gardens as well as local agricultural markets. Farmers sell their products at local Farmer’s Markets and also at their farms. If you would like to explore what West Virginia has to offer, check out the [West Virginia Grown Directory](#). There are listings from around the state. You can search for Ohio Farmer’s Markets in the [2025 Farmer’s Market Directory](#). Check out the [USDA Local Food Directories](#) site for other states’ locations.



U.S. Cost of Dementia

A project funded by National Institute on Aging reported that the total [economic burden of Alzheimer's disease and related dementias](#) will reach \$781 billion this year in the U.S. According to the report, in 2025, there are 5.6 million people living with dementia in the United States, with 5 million 65 and older. Families and friends provide 6.8 billion hours of care, which is worth \$233 billion. (Value \$34.50 / hour)

Get Your Stamps Now!

For those of you who still communicate by "snail mail", get your stamps now! The cost of a First-Class Mail Forever stamp will go up to 78 cents (a 5 cent raise) on July 13, 2025. The additional ounce stamp will go up to 29 cents. Postcards are rising to 62 cents (from 58 cents). This is the 6th rate hike since 2021 according to the American Forest and Paper Association.

How to Lower Part D Costs

There are some steps you can take to lower your Prescription Drug costs. *Do you have limited income and assets? You may qualify for Extra Help. Contact your state State Health Insurance Program (SHIP) for information at www.shiphelp.org. *Discuss your pharmaceutical needs with your health care provider. There may be a generic alternative or another drug that would work. Are samples available? *Look into Patient Assistance Programs that are offered by some drug manufacturers. *Are there charity care programs through your hospital? Look into programs such as [Patient Access Network Foundation](#), [Good Days](#), [the Healthwell Foundation](#). You can also consult your hospital's patient navigator.

Senior Support Fair

May 6 was a fun day at the Ohio Valley Mall for the 23rd Annual Senior Support Fair. Visitors had the opportunity to talk to exhibitors and learn about services and resources available in the community. The Fair which is held on the first Tuesday in May had approximately 43 exhibitors who offered information, giveaways, and door prizes.

Vaccinations, Boosters, Flu Shots

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.
- Covid vaccinations, boosters, annual flu shots, RSV vaccinations, shingles vaccines, TDAP (tetanus) vaccinations, and others are available at most pharmacies, and most vaccinations including the shingles vaccine are now covered by Medicare *for those with prescription coverage*. Check with your primary health care provider for any contraindications.

Support Group Information

Myasthenia Gravis Support Group will meet on May 17 at 1pm. For meeting information, contact Jay Adams at 304 780-9274.

Dementia Caregiver Support Group meets virtually the second Wednesday from 6-7 pm via Zoom. Contact Lori McGlumphy at mcglumphyl4@comcast.net for the Zoom link.

Opportunities to Shine for Individuals living with brain change, their families, and professionals will meet on 4th Wednesday at 4pm at First Christian Church (Disciples of Christ), 1343 National Road, Wheeling. For meeting information, contact Sara Alig at 304 336-8199. Ask about a Zoom option if you can't attend in person.

Grief Support Group meets the 4th Monday of the month from 2pm – 3pm at First Christian Church, 1343 National Road, Wheeling WV. For information, contact Dannette Harris at 304 290-7050.



Timely Resources

Breast Cancer Support Groups at Wheeling Hospital meet in the afternoon and evening.

Blood Cancer Support Group at Wheeling Hospital meets the 2nd Wednesday of the month from 5p – 6pm. Contact Rhonda Braden at 304 217-2142 for more information on Wheeling Hospital's Cancer Support Groups.

Parkinson's Disease Support Group meets the 3rd Wednesday at 11:30am at the Wilfred R. Cameron Wellness Center, 240 Wellness Way, Washington PA 15301. For more information, contact Casey Peluso at cpeluso@pfpwa.org or 412 837-1357.

*Contact us for information on other support groups

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 allisonheavilin@yahoo.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 tblanchard@theicgroup.com

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

Timely Resources for Readers

A Older Americans Month*

- Here are some [sample posts](#) from the Administration for Community Living that you can use to boost awareness!

A May is Mental Health Month*

- The [Substance Abuse & Mental Health Services Administration](#) (SAMHSA) offers valuable information on their website. Help, support, and information on various topics relating to substance abuse and mental health are available to consumers.

A Bullying*

- [Bullying in senior facilities](#) is not uncommon.
- “[Bullying Among Seniors, a Prevention and Surveillance Guide](#)”, is offered by the National Center on Assisted Living.
- [How can social workers help?](#) Check out this article from Social Work Today.
- Psychology Today takes an interesting look at [elder-perpetuated bullying](#).
- Were you bullied? Read this writer's [article](#) on her research



Altenheim Resource Services



Timely Resources

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 gadakovic@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, Care Guides, and a photo gallery

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

