

# Resourceful Thinking

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JULY - AUGUST 2008

## THIRTEEN YEARS of ASSISTING SENIORS AND CAREGIVERS!

### CARE FOR THE AGED

The primary mission of the Altenheim 'family' has been 'care for the aged' since Altenheim began offering retirement housing in Wheeling in 1891. The facility has offered independent women a secure place to live providing meals, housekeeping services, laundry services, activities, transportation and other amenities – all at a monthly rate. The Altenheim Resource & Referral Center, a division of Altenheim, opened in July 1995. Following the primary mission of 'care for the aged', we were able to expand the focus to include 'improving the quality of life of seniors and their caregivers through education, support, information and referrals to appropriate agencies'. Ann Koegler, Center Coordinator, states, "We are continuing the mission of 'care for the aged' at the Resource Center by

providing free information that assists seniors and caregivers, and, helps individuals remain as independent as possible. When seniors or caregivers need to look at more care for a loved one, we try to help with choices of specific alternative housing that best fits the need of the individual. We have no geographic limitations so if you need information for another area, call the Resource Center. I will try to find what is available in your community." You can reach us by calling 304 243-0996 or emailing Ann at [akoegler@verizon.net](mailto:akoegler@verizon.net). Thank you to our Executive Director George Dakovic, the Altenheim Board of Trustees, the community and our colleagues for all the support you've provided over the years!

### OHIO COUNTY SENIOR PICNIC on JULY 17

Family Service Upper Ohio Valley will once

again sponsor the Annual Senior Picnic on Thursday July 17 at Wheeling Park. There will be exhibitors, entertainment, Bingo, a bake sale, door prizes, health screens, food and more games. Call the Tour Desk at the Senior Center (304 232-6730) for tickets or information. (Come see us at the Altenheim table!) Hope to see you there!

### LOCAL SUPPORT GROUPS

**\*\*The Greater Wheeling Area Chapter of Mended Hearts** continues to meet on the 2<sup>nd</sup> Monday at Ohio Valley Medical Center Nurses Residence.  
**\*\*The Depression & Bipolar Support Group of the Ohio Valley** meets monthly from 7:30 pm – 9:00 pm on the first, third and fifth Wednesday at Wheeling Jesuit University's Whelan Hall. For information, call 304 243-9406.

**\*\*Caregiver Support Group** for those caring for loved ones with memory loss. Meetings are held the third Tuesday at 6 pm at the Human Resource Center, Wheeling WV. There will be no meetings in July nor in September but there will be an August meeting. For information, call 304 232-6730.

**\*\*Alzheimer's Support Group** meetings are held the fourth Tuesday at 6:30 pm at First Presbyterian Church, Martins Ferry Ohio. Call 800 272-3900 for information.

**\*\*Brooke Co WV Alzheimer's Support Group** meets on the second Thursday at 6:30 pm at the Brooke County Public Library. (Ann will be speaking to this group at the July meeting.) Call 304 737-0957 for information.

**\*\*NAMI Wheeling** meets the 4<sup>th</sup> Tuesday of the month in Conference Room B off the Overlook Cafeteria at Ohio Valley Medical Center in Wheeling. Call 304 547-5222 for information.

**UP & COMING AT ARRC**

**\*\*Memory Walk – WV Alzheimer's Association:** The Resource Center is hosting planning meetings for the upcoming Alzheimer's Association Memory Walk. The Memory

Walk scheduled for September 20 at Garden Park in Warwood will be the first Northern Panhandle Walk! The next planning meeting is July 9 at 5:30 pm at the Resource Center. Please join us! We need sponsors, items to add to goodie bags, door prizes and teams or individual walkers! Call Ann at 304 243-0996 for meeting information or call the Alzheimer's Association at 1 800 491-2717 for Memory Walk information. You can register online at [www.alz.org/wv](http://www.alz.org/wv).

Fall programs at the Resource Center include:  
**\*\*The AARP Safe Driver Program** is scheduled for September 16 & 17 at the Resource Center. Instructor Tom Tighe will be presenting the program which has a small fee. Check with YOUR insurance company regarding discounts. Some companies offer a discount for those who take the course. Call Mr. Tighe for details and to register at 304 242-4583.

**\*\* "Advanced Directives: It's Your Choice"** will be held at the Resource Center on September 23 from 6pm – 7pm. The program is free and open to the public. Jean Riley, MSW, of the WV Center for End of Life Care will be offering information on Medical Powers of Attorney, Living Wills,

and Do Not Resuscitate Orders. There will be materials to take home. Please join us to learn about these important planning documents, why you need them and what authority they offer in assuring your health care wishes are followed. Parking is available and refreshments will be provided.

**\*\*Family Estate Planning** is scheduled for September 24 from 1:30 pm – 3:00 pm. Representatives from Halcyon Hills Memorial Gardens will offer information on estate planning. Did you know that there are 67 things survivors must deal with immediately when a loved one dies? How can we best prepare for the death of a loved one? The program is free and open to the public. Refreshments will be served.

\*We're working on two workshops for professionals.

**"The Ten Lenses"** will focus on cultural competence issues. This has been a year of discussion and many issues relating to race issues, gender issues, ethnicity and the impact on our lives. This workshop will be presented by Rizzo & Associates on November 6. Join us! Lou and Rita always leave us with a lot of information and provide thought-

provoking and stimulating workshops.

“Alzheimer’s Disease & Legal Issues” will be offered on November 20. We will have presenters offering information on Alzheimer’s and related dementias and Cathy McConnell, Executive Director of WV Senior Legal Aid will be doing the component on legal issues.

Continuing education credit will be offered for both workshops and there will be a fee for both. Plans are incomplete at this time for these programs. Call the Resource Center for information or to be placed on the mailing list for workshops.

In observance of National Family Caregiver Week, we will also offer a caregiver program in November. The program will be free and open to the public; and, the tentative date is November 18.

#### WV GOVERNOR’S SUMMIT

The 2008 Governor’s Summit on Aging will be held September 16 – 19 at the Ramada Inn in Charleston WV. There is a fee for the conference and Continuing Education credit is offered. For information, call the WV Bureau of Senior Services at 304 558-3317. The Governor’s Summit

offers many timely and informative programs and is an excellent opportunity to network with colleagues!

#### 2008 ALZHEIMER’S EDUCATION CONFERENCE

The 2008 conference will be held on October 30 & 31, 2008 at the Charleston Civic Center. Karen Stobbe whose “In the Moment” webpage specializes in creative training ideas for long term care staff, will be the Keynote Speaker. Other workshops include: Keys to Building a Successful Team, Creutzfeldt-Jakob Disease, Alzheimer’s & MRDD, Vascular Dementia, Prevention & Reducing Risk plus many others. For more information or to pre-register, call 1 800 491-2717. Continuing Education credit is available.

#### ALZHEIMER’S CORNER: DEALING WITH FRUSTRATION

The June 2008 issue of the Alzheimer’s Association newsletter ‘Caregiver’ offers information on dealing with irritability and frustration in the person with dementia. The article states that the reason is usually not based in memory loss but in not being able to control the emotions.

The person lacks insight into why the caregiver is trying to control the environment. If a caregiver can detect the early signs of frustration or agitation, a catastrophic reaction or act of aggression may be avoided. Several tips are offered for management of this difficult symptom:  
\*\*Offer encouragement. Offer praise and encourage the activities they enjoy and at which they are successful  
\*\*Consider the amount of stimulation in the environment or with the activity. Too much stimulation can be confusing and lead to irritability. Try calming or distracting the person or offer a distracting purposeful activity.  
\*\*Eliminate ‘triggers’ or causes. Is there a common element that triggers the irritation or outburst? Pay attention to what happens immediately before the outburst to determine the trigger.

\*\*Discuss the issue. Offer supportive, affirming comments. Offer praise and encouragement. Being empathetic (“this must be difficult for you”) may help.

[Source: WV Alzheimer’s Association ‘Caregiver’, June 2008, “Dealing with Irritability & Frustration in a Person with Alzheimer’s Disease”]

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**OFFICE HOURS**

**Monday – Friday**

**8 am – 4 pm**

**We will be closed on the  
following days:**

**Friday, July 4**

**Friday, August 22**

**Friday, August 29**

**Monday, September 1**