

# Resourceful Thinking

Vol 13 No 3  
May – June 2008

## CE WORKSHOP SCHEDULED FOR MAY; ELDERLAW ATTORNEY TOWNSEND RETURNS; OLDER AMERICANS MONTH

### "MOVING FORWARD" WORKSHOP

Bethany College, The Seeing Hand Association Inc and the Altenheim Resource & Referral Center will be offering a workshop at the Resource Center on May 14, 2008. The workshop will cover areas such as the "Psychosocial Impact of Low / No Vision", "ADLs: How Low / No Vision Impacts Everyday Life", information on assistive devices for those who have visual impairment, the role of disease and eye injuries with low / no vision, and community resources plus other topics related to visual impairment. Our speakers include Joyce Britt, M.S.; Sarah Gompers, O.T.; Joyce Zambito, R.N., C.D.E.; and, Ed McDonald, O.D – to name but a few!

There will be 6.5 CEUs available for WV Social Workers and Nurses. Bethany College is

offering the social work continuing education credit (Provider #: 490009) and the Altenheim Resource Center will offer the nursing continuing education credit (WV 2003 0431 RN). For registration information, call the Resource Center at 304 243-0996. The fee for the workshop is \$20.00. Registration deadline is May 7.

### ELDERLAW ATT'Y TOWNSEND RETURNING

Jerry Townsend was at the Resource Center on March 28 and, as ever, drew a large crowd of people interested in estate planning, aging and incapacity. There was a lengthy waiting list but we had no cancellations for spaces. Mr. Townsend has very graciously agreed to return and do a "replay" of his program "Aging &

Incapacity: Estate Planning, Medicaid and Long Term Care". This program will be held at the Resource Center on Friday, June 13 from 9am – 12noon. The program is free and open to the public. Mr. Townsend is a member of the National Academy of Elderlaw Attorneys. He graduated from Wooster College in Ohio and obtained his Law Degree from Vanderbilt University. We do have limited space available so call NOW to reserve your spot for this timely and informative program. Call us at 304 243-0996.

### OLDER AMERICANS MONTH OBSERVED IN MAY

May is Older Americans Month, a great time to bring attention to the issues that affect older adults. This year's theme is 'Working Together for Strong, Healthy, and

Supportive Communities'. The United States is nearing the start of a tremendous demographic shift. Beginning in 2011, the first of 78 million baby boomers (people born between 1946 and 1964) will start transitioning into retirement, kicking off an expansion in the number of elderly people that will continue for decades. According to the U.S. Census Bureau, one out of every nine baby boomers will live to be at least age 90.

Our Nation will benefit in many ways from a larger population of older adults, a group that constitutes one of our greatest resources. Older adults support our society by providing millions of hours of volunteer, community, and civic service through formal organizations and a variety of informal arrangements. They enhance our communities and personal lives by sharing and transferring knowledge of cultures, values, and life experiences among generations. Thankfully, the contributions of older adults will continue to flourish in the coming years, since older citizens of today and tomorrow promise to be among the most active and engaged older adult populations in our Nation's history.

An expanding older adult population also spotlights

our responsibility to ensure the well-being of our older citizens. As a Nation, we are working diligently to address older adults' unique health and long-term care challenges. The thousands of professionals, caregivers, and volunteers that make up the National Aging Services Network have been collaborating in innumerable ways for decades to fulfill the mission of the Older Americans Act. Led by the U.S. Administration on Aging, the Network is now engaged in modernizing systems of care to provide consumers with more control over their lives.

The theme speaks to the opportunities we have to create better care and reinforce healthier societies for all ages. Working together, our communities can improve older adults' overall quality of life by helping them:

- ❖ Make behavioral changes in their lifestyles that can reduce risk of disease, disability, and injury.
- ❖ Obtain the tools they need to make informed decisions about, and gain better access to, existing health and long-term care options in their communities.

- ❖ Have more options to avoid placement in nursing homes and remain at home as long as possible

[Source: Administration on Aging, [www.aoa.gov](http://www.aoa.gov), Press Release]

## ALZHEIMER'S MEMORY WALK PLANNED

The WV Alzheimer's Association has been meeting at the Altenheim Resource Center to plan a Wheeling Memory Walk. The Walk is scheduled for Saturday, September 20, 2008 at Garden Park in Warwood, just north of Wheeling. The Memory Walk is a national event to raise awareness and funding for Alzheimer's care, research and support. You can help in the following areas:

**Sponsorships:** Sponsors are needed on a variety of levels to help support the event. Contact the WV Alzheimer's Association for information on levels of sponsorship.

**Teams:** Teams are the heart of what makes the Memory Walk successful. Friends, family, coworkers, organizations, school groups – any one can form a team to draw awareness and support to the event.

**Goodie bags:** Items are needed to put in the

goodie bags for participants.

**Door prizes:** The event will offer door prizes to walk participants.

**Food donations:** Beverages, fruits, and pastries are needed for walk participants.

If you can meet any of these needs or would like to learn about and help with the Memory Walk, call the WV Alzheimer's Association at 1 800 491-2717. The next planning meeting will be held on Thursday May 22 at 5:30 pm at the Resource Center. Call Ann at 304 243-0996 or call the Alzheimer's Association at 1 800 491-2717 for more information on the Memory Walk.

### **ALZHEIMER'S CORNER: 2008 STATISTICS**

Did you know:

\* 10 million Baby Boomers will develop Alzheimer's in the US,

\* 69% of nursing home residents have some degree of cognitive impairment,

\* In 2008, it is estimated that there are as many as 5.2 million Americans currently living with Alzheimer's and that number is expected to grow to as many as 16 million by 2050,

\* Alzheimer's Disease is the seventh-leading cause of death for people in the US and the fifth-leading

cause of death for those over the age of 65,

\* There are nearly 10 million Americans providing 8.4 billion hours of unpaid care to people with Alzheimer's disease or other dementia – valued at \$89 billion.

\* 70% of people with Alzheimer's live at home cared for by family and friends.

\* The direct costs to Medicare and Medicaid for care of people with Alzheimer's and other dementias and the indirect costs to business for employees who are caring for Alzheimer's amount to more than \$148 billion annually.

[Source: "2008 Alzheimer's Disease Facts & Figures", [www.alz.org](http://www.alz.org)]

### **PROJECT LIFESAVER**

Project Lifesaver is a national rapid response program aiding those with dementia, autism, Down's Syndrome and related disorders. By forming partnerships with local law enforcement and emergency responders, specially trained teams are deployed to locate and return wandering adults and children to their caregivers and families. West Virginia has several counties participating in the program; and, neighboring Belmont County Ohio also participates. In response

to a request from an Ohio county caregiver, the Ohio County Sheriff's Department and the Althenheim Resource and Referral Center will be hosting an informational meeting in late May. Plans are incomplete. Call us for information at 304 243-0996 or watch the newspaper for a date. Please join us to learn about Project Lifesaver and the value to the community. For those of you outside our area, you may call Project Lifesaver's national office at 1 877 580-5433 or visit their website [www.projectlifesaver.org](http://www.projectlifesaver.org) for additional information.

### **NEW WEBSITE: HOSPITAL COMPARE**

A new website sponsored by the Centers for Medicare & Medicaid Services offers consumers more insight about the hospitals in their communities. The website features information from Medicare patients about their hospital stays on quality of care, patient satisfaction and pricing information for specific procedures. The Hospital Compare website currently provides information on 26 quality measures which include process of care – how well a hospital provides care - and

outcome measures – the results of the care that beneficiaries received while in the hospital. To access the website, visit [www.hospitalcompare.hhs.gov](http://www.hospitalcompare.hhs.gov).

[Source: HHS News, “New Website Helps Patients Shop for Hospital Care Based on Quality and Price”, 032808]

## MORE ON SCAMS

In the last edition of Resourceful Thinking, I wrote on “Fraud & Identity Theft”. Since then I received an email saying that there was important information included for “my account” from a local financial institution. It seems that the security of my account had been threatened and the sender (presumably the financial institution) wanted to update my information and change my password so my account would be protected. There was a link to a “secure site” where I could enter my account information, change my password, and go about my day secure in the knowledge that my account was now safe. The first clue that something was amiss was that I had NO account with this financial institution. The second clue was that they wanted me to enter my account information. HELLO!!!! If this email had come

from that particular bank, they would already HAVE that information! A few days later, there was an article in our local newspaper about this attempt to scam people online and the financial institution was warning its customers about the emails. What these scammers are doing is called “phishing”. In computing, phishing is “an attempt to criminally and fraudulently acquire sensitive information, such as usernames, passwords and credit card details, by masquerading as a trustworthy entity in an electronic [email] communication. eBay, PayPal and online banks are common targets.” [Wikipedia definition] (eBay is an online auction service and PayPal is a method of payment.) Please be very apprehensive about these emails! The same words of caution are applicable to people who telephone you and want sensitive information. YOUR bank is not going to email or call you and ask for account information. Social Security will NOT email or call you and ask for your Social Security number. Do not provide personal information! Just hit the “Delete” key for the emails – do not click to the link and do not provide information. If you get a call and the caller wants this

information, just hang up. The people who generate the emails are very adept at making an email or web page LOOK like your financial institution’s page or like an eBay page. If you suspect that your account has been compromised, call your financial institution immediately. For on line services – change your password and contact the service. DO NOT use your Social Security number as a password! Use characters (letters) and numbers as this is somewhat more difficult for scammers to figure out. DO NOT give your password to other people!

## CAREGIVER SUPPORT FAIR

The Ninth Annual Caregiver Support Fair will be held at the Ohio Valley Mall in St Clairsville Ohio on Tuesday May 6 from 10am – 5pm. There will be cake provided by Riesbeck’s; a fashion show with special guest emcee Steve Mazure; entertainment; and, lots of exhibits providing information on area services. Join us and meet our area service providers!

## UP & COMING

## CONFERENCES

---

**June 2-5, 2008:**

The 30<sup>th</sup> Annual Summer Institute on Aging, "Reflections on Aging", Waterfront Hotel, Morgantown WV; contact Jacki Englehardt @ 304 293-3501 ext 3109 or jacki.Englehardt@mail.wvu.edu.

**June 23-25, 2008:**

The 25<sup>th</sup> Annual Summer Series on Aging, University of Kentucky, Griffin Gate Marriott, Lexington KY. Contact Barbara J. Helm, Conference Coordinator @ 859 257-8301 or bjhelm2@email.uky.edu.

**September 16-19, 2008:**

WV Governor's Summit on Aging, Ramada Inn, So Charleston WV. Call 304 558-3317 for information.

**WORKSHOPS @ ARRC**

**May 14, 2008:**

Moving Forward: Creating Vision Solutions, Altnheim Resource Center, 6.5 CEUs, WV Social Work and WV Nurses, \$20

**November 6, 2008:**

Diversity: The Ten Lenses, Rizzo & Associates, Altnheim Resource Center. Plans incomplete.

\*\*\*\*We hope to have workshops this fall focusing on Alzheimer's Disease and Ethics. Keep an eye on Resourceful

Thinking for additional information.

**HEALTH FAIRS**

**May 22, 2008**

Cameron Senior Center from 10 am – 1 pm.

**June 11, 2008**

Wheeling YWCA, 1100 Chapline Street, from 12 noon to 2 pm. There will be pizza, giveaways, door prizes and health screens!

**OTHER ACTIVITIES**

**July 17, 2008**

Ohio County WV Senior Picnic @ Wheeling Park. Call 304 232-6730 for reservations and information.

**September 16-17, 2008**

AARP Safe Driver Program, Altnheim Resource Center. Call Tom Tighe for program costs and arrangements at 304 242-4583.

---

**VOLUNTEERS  
NEEDED**

If you can spare a few hours every other month, we can use your help! The Resource Center utilizes volunteers to assemble, collate and label our newsletter. Resourceful Thinking is published 6 times per year and we welcome any assistance you can provide! We also have occasion to assemble packets for workshops, health fairs or special events and can use the assistance of volunteers

wanting to devote time to assist with these tasks. Call Ann or Marylee at 304 243-0996 for information.

**OFFICE HOURS**

Our normal business hours are Monday through Friday from 8 am – 4 pm. We have Answer Call (an automated message service) through our telephone service. If your call goes into the messaging service, please leave us a message. There are times (especially on Fridays) we are on another line, away from our desks or with another consumer and can't get to the telephone. We check messages regularly and will get back to you as soon as possible. Don't forget to leave your name and telephone number with the area code!

The office will be closed on Friday, May 16 but we will be checking messages.

We will also be closed on May 26 for the observance of Memorial Day.

---

Let us help you with your aging and caregiving questions! Call us at 304 243-0996 or email your questions / concerns to

**akoegler@verizon.net.**  
**Check out our website at**  
**www.careforaged.com.**