

# Resourceful Thinking

Vol 13 No 5  
September - October 2008

## COTTAGES COMING TO ALTENHEIM! DRIVER'S SAFETY TRAINING, WORKSHOPS & PROGRAMS at ARRC

### ALTENHEIM BUILDING COTTAGES!

Altenheim is entering a new era! Since 1890, Altenheim has provided up to 15 residents with affordable, comfortable housing. The residents of Altenheim have enjoyed private furnished rooms with baths, and amenities continue to include meals and snacks, housekeeping, activities, transportation and free parking. The retirement home has a registered nurse on duty and on call, an aide on duty 24 hours, a full-time housekeeping staff, medication supervision, laundry facilities and an in-house beauty shop. But – we're seeing some changes. Today's active seniors prefer living in a smaller version of their family home. Altenheim is now expanding its housing options for seniors by building three independent living cottages on the property adjacent to the current retirement home. The cottages will accommodate couples and

individuals (men and women) who are 55 years of age or older. Each cottage will be one level, and will contain two bedrooms, a full kitchen, living and dining rooms, two baths, a laundry room and an attached garage with available storage area. The kitchen will come with accommodations but the cottages are otherwise unfurnished. Altenheim will take care of property upkeep (mowing the grass or shoveling snow), and major home repairs. Other than property maintenance, residents will live independent of the Retirement Home. There will be an application process and potential residents will be screened to confirm that they are healthy enough for independent living. Altenheim is located at 1387 National Road in Wheeling and is close to public transportation, shopping, churches, medical facilities and parks. Expected completion date is April, 2009, and if the project is successful, more cottages

will be built on the property. For more information or to apply, call Executive Director George Dakovic at 304 242-3340.

### AARP DRIVER'S SAFETY COURSE

Tom Tighe will be back at the Altenheim Resource Center on September 16 & 17, 2008 for the AARP Driver Safety training program! Please call Mr. Tighe at 304 242-4583 to register as seating is limited to 25 participants. There is a small fee for the course. Check with your insurance company to see if there is a discount on your premium for completion of the course.

### ALZHEIMER'S ASSOCIATION: NORTHERN PANHANDLE MEMORY WALK

The first Northern Panhandle Memory Walk will be held at Garden Park in Warwood – just north of

Wheeling – on Saturday, September 20. Registration is at 10 am and the walk is at 11 am. Call the Alzheimer's Association at 1 800 491-2717 or JUST JOIN US AT THE WALK!! Sponsors are needed for all walkers and sponsor donations go to the Alzheimer's Association. There will be door prizes, food and fun – all for a great cause. Call Ann at 304 243-0996 (Planning Committee) or Ken Stewart, Regional Coordinator Mid Ohio Valley Chapter at 1 800 491-2727. You can register to walk at [www.alz.org/memorywalk](http://www.alz.org/memorywalk).

**TWO FREE PROGRAMS  
AT ARRC:  
ADVANCE DIRECTIVES  
PROGRAM**

The importance of advanced directives cannot be understated. Who will take care of your medical decisions if you are unable to speak for yourself? What type of interventions do you want when you are permanently unconscious? You can remain in charge of your health care, even when you can no longer speak for yourself but you must have the proper documentation. YOU must grant powers of attorney – someone else cannot do that for you. Join us to learn more about Advance Directives in a FREE presentation by Jean Riley, MSW, of WV's Center for End of Life Care. Jean will be at the Resource Center on Tuesday, September 23 from 6 pm – 7 pm to provide information on

Medical Powers of Attorney, Living Wills and other planning documents. The program is FREE AND OPEN TO THE PUBLIC. Jean will have information for program participants to take home. Refreshments will be served and parking is available. Call us at 304 243-0996 to register. Seating is limited!

**FAMILY ESTATE  
PLANNING PROGRAM**

Did you know that there are 67 things that must be done when a loved one dies? When a death occurs, a family is shaken with grief, shock, and the impact of the change in their lives. This is not the time to have to think ahead, purchase burial and funeral arrangements, pick scripture and song, look up family phone numbers and the many other details that must be completed. Planning for the inevitable is a GIFT that we can give our families. We can prepare now and make some of the task less difficult. Tanya Rodriguez and Walt Mingroni of Halcyon Hills Memorial Gardens will be at the Resource Center on Wednesday, September 24 from 1:30 pm – 3:00 pm for a FREE presentation. Tanya and Walt will talk to consumers about Family Estate Planning and they have a booklet that will be available in which consumers can log important information. The portfolio allows consumers to note important document location, will basics, information on life

insurance policies, historical information, and other details that would help. Join us for this FREE program that is open to all who are interested. Call us at 304 243-0996 for information on time and to reserve your seat.

**RESOURCES AVAILABLE  
FROM ARRC LIBRARY**

The Altenheim Resource Center has added several resources to the library. The following books are available for loan: The Myth of Alzheimer's, Quick Tips for Caregivers, The Good Listener, Healing Grief, The Man Who Mistook His Wife for a Hat and Coach Broyle's Playbook for Alzheimer's Disease Caregivers. Also added to the Resource Center library is the DVD "Away from Her". The DVD and accompanying book "Caring for Your Parents" presented on PBS is also available for loan. Materials may be borrowed at no charge for a two week period. For information on videos, DVDs and books, call us at 304 243-0996.

**ETHICS WORKSHOP**

Dr. Jim Collins will be presenting a free workshop on Ethics (with continuing education credit) at Wheeling Island Gaming & Resort Center on Saturday, September 20, 2008. Registration is at 8:30 am and the program runs from 9:00 am – 12 noon. Dr. Collins provides an informative, entertaining and thought-provoking

program. The workshop is provided by Sienna Woods, Sienna Pointe, Cumberland Pointe and Emerald Pointe. Seating is limited. Call Melody at 740 424-2472 by September 1 to reserve your seat!

**RESOURCE CENTER  
WORKSHOPS YOU WON'T  
WANT TO MISS!  
"THE TEN LENSES"**

Lou Vincent & Rita Rizzo, Rizzo & Associates, will be back with us for a workshop on "The Ten Lenses" on November 6, 2008. This workshop will explore the issues of cultural competence in a year that has once again called ageism, racism, and gender issues to the forefront. The workshop will lend insight into prejudice and bigotry and cause us to rethink our positions as individuals and professionals who are dealing with an increasingly global society. There is a fee and Continuing Education Credit will be offered for WV Social Workers and Registered Nurses. Details are incomplete.

**"ALZHEIMER'S DISEASE  
& LEGAL ISSUES"**

We will be offering a workshop on Alzheimer's on Thursday, November 20. There is a fee and Continuing Education Credit for WV Social Workers and WV Registered Nurses will be offered. Basic information on Alzheimer's and related dementias and specific legal concerns such as incapacity

and incompetence will be the focus of the workshop. Cathy McConnell, Executive Director of WV Senior Legal Aid will be presenting the legal section of the program.

Call the Resource Center at 304 243-0996 to be placed on the workshop mailing list for all professional workshops.

**MEDICARE PART D  
SUBSIDY**

People with limited income and resources may have a hard time paying for their medications, but help is available! If you qualify, the subsidy can help pay your drug costs. Apply now! It's the only way to see if Medicare will help pay for your prescription drug costs. Individuals who make less than \$15,600 and have resources at or below \$11,990 and married couples who make less than \$21,000 and have resources at or below \$23,970 and have Medicare Part A and/or B may qualify. Contact your local State Health Insurance Assistance Program for more information. Call Ann at 304 243-0996 for the office close to you. In West Virginia, call the state Medicare Call Center at 1 877 987-4463 (toll free).

**ECONOMIC STIMULUS**

**If you haven't filed a federal tax return to claim your economic stimulus payment, you have until October 15 to file to get your payment this year.**

**You are eligible if you or your family has at least \$3000 in qualifying income from, or in combination with, Social Security benefits, Veteran's Affairs benefits, Railroad Retirement and earned income however Supplemental Security Income (SSI) does not count as qualifying income for the stimulus payment; you and any family members listed on your tax return have valid Social Security numbers; and, you are not a dependent or eligible to be a dependent on someone else's federal tax return (the same must be true of any family members claimed on your return). YOU MUST FILE A FEDERAL TAX RETURN this year to receive the stimulus payment, even if you don't normally file. Contact Patsy Kerns of the IRS at 304 561-3010 for information and assistance.**

**BLOOD DRIVE & HEALTH  
FAIR AT WHEELING  
YWCA**

The Wheeling YWCA Domestic Violence Prevention Program and the Altenheim Resource Center are coordinating a blood drive and health fair to be held at the Wheeling YWCA, 1100 Chapline Street on Tuesday October 14, 2008 in observance of Domestic Violence Awareness Month. The Blood Drive will run from 10am – 4pm and the Health Fair will be from 11am – 3pm. We will have several exhibitors and health screens plus food and door prizes. Join us at the Y!

## **NEWSLETTER CHANGES**

**Call us at 304 243-0996 or  
email [akoegler@verizon.net](mailto:akoegler@verizon.net)  
with any address changes.**