



July 8, 2024

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

E-Mail Change for Timely Resources & Deeper Dive Starts Now

Enjoy Timely Resources the first week of the month and take a Deeper Dive later in the month. We'd like to offer our thanks to our volunteer editor of Deeper Dive – Jeanette Wojcik.

Hope It Was a Happy 4th of July!

Independence Day commemorates the adoption of the Declaration of Independence - a day that recognized the United States' declaration of independence from the rule of Great Britain. July 4th, 2024 marks 248 years. Read the [transcription of the original](#) Declaration of Independence. We hope you had a safe and happy Independence Day!

Environmental Awareness*

Do you know how long it takes for a plastic bag to break down? According to the [Center for Biological Diversity](#), it takes 1000 years and even then the breakdown isn't 'complete'. Forbes [adds more](#) to the discussion on plastics in the environment. But what about the bags you already have? Some stores have plastic bag recycling bins, food pantries and animal shelters may use them, and bags can be woven into sleeping mats (search 'weaving plastic bags' for tutorials). For future shopping, pull out those reusable bags that you get at every health fair and take them with you. (I keep them in the car.)

The Great Garbage Patch*

The [Great Pacific Garbage Patch](#) is what it sounds like. It's a trash vortex in the Pacific Ocean estimated to be at least 3 times the size of France. Look at the pictures that show the waste that has polluted the ocean. The Great Pacific Garbage Patch isn't the only oceanic garbage patch but [it's the biggest](#).

What is Normal Aging?

How do we tell when our body is giving us a signal? Should we experience memory loss? Is it normal for our heart to skip a beat? We need to know what changes are normal and what changes need our attention. We experience sensory changes, changes in our skin, retrieval of information is slower, and our muscles and skeletal structures change. Mayo Clinic gives us some ideas on [what we can expect as we age](#). Jefferson Health tells us what could be [troublesome signs](#).

Substance Abuse and Older Adults*

"[Statistics on Seniors and Substance Abuse](#)" reports that in 2020, 167,200 people aged 55 or older were admitted to addiction treatment, up from 109,412 in 2009, and that alcohol is the substance that older adults 55+ seek treatment for most often, followed by heroin. [Different concerns](#) are raised for the older adult in regard to substances as metabolism slows and other health issues are considerations. Substance abuse may be confused with other signs of aging or with [other chronic health issues](#).

This Just In - Another Alzheimer's Drug Approved by FDA

Kisunla (donanemab) from Eli Lilly is the [second treatment available in the United States](#) for Alzheimer's after trials show the drug to "modestly slow a decline in memory and thinking abilities". Kisunla is a monoclonal antibody infusion given every 4 weeks for those with mild cognitive impairment or those in the early stages of Alzheimer's disease. [Read more about Kisunla](#), treatment, and costs. Like other



drugs in its class, it comes with possible side effects of brain swelling and brain bleeds. Lilly indicates that there will be Medicare coverage for those beneficiaries who meet the guidelines.

Refresher on Leqembi – The Second Approved Treatment*

Leqembi was approved in 2023 and will cost Medicare an estimated \$3.5 Billion next year according to an AARP Bulletin article (June 2024 Vol 65 No 5) “Health Care Update: Alzheimer’s Drug Costly to Medicare”. Leqembi is administered intravenously in a doctor’s office or other outpatient setting so it is covered by Part B of Medicare rather than through Part D prescription drug coverage. The cost is estimated at \$26,500 per year (lower than previous estimates) and out-of-pocket costs will vary depending on the beneficiary’s insurance coverage. Certain requirements must be met to qualify for coverage:

- Diagnosis of mild cognitive impairment and documented report of beta-amyloid plaque on the brain
- Use a physician who participates in the qualifying registry with a clinical team and follow-up care.

Read more about Leqembi in the article [“Alzheimer’s Medication Leqembi is Covered by Medicare – But Access and Effectiveness Questions Remain”](#) on the NCOA website

Alzheimer’s Medications

There are risks and benefits according to the experts who continue to work diligently to find treatments, and hopefully, cures for Alzheimer’s disease. Alzheimer’s is complex. As more causes of dementia come to light with improved diagnostics, experts have found that one drug does not fit all. Some medications benefit one condition but have serious consequences for others. Some medications address behavioral aspects of Alzheimer’s disease while the two most-recently approved medications target halting the disease. Talk to your primary care provider and/ or your neurologist about medication options.

Health Care Decision Making

Have you legally designated someone to act in your behalf on medical decisions if you are unable to speak for yourself? Life can change in a heartbeat and that’s not just for older adults. Read about Advanced Directives. If you are of legal age, consider completing a Medical Power of Attorney. Do the research. Choose the person who will follow your wishes. This [Silver Sneakers page](#) offers good information on health care directives.

What’s Going On?

*[Crochet Class](#) at Family Service Upper Ohio Valley for those 60 yo+ on Tuesdays from 10:30am – 11:30am. Call 304 233-2350 ext 105 for more information.

*[Free Narcan Training](#) in Moundsville: July 17, 2024 from 1:00-1:30 PM, at the Family Resource Network office in Moundsville. Space is limited. Contact the Family Support Center at (304) 845-3300 or at marshallcofsc@gmail.com to register.

*[“Nursing Home Debt Collection Against Residents, Caregivers, and Other Third Parties” webinar](#), Free, July 23, 2024, 2:00 pm – 3:00 pm, National Center on Law and Elder Rights, No CEUs.

Register here: <https://ncler.acl.gov/legaltraining#gsc.tab=0>

*[Mountaineer Brewfest](#), Heritage Port, Wheeling WV, Saturday, August 17, 2024 with proceeds benefiting [Helping Heroes](#). Information and tickets are available on the website.

*Upper Ohio Valley Walk to End Alzheimer’s, Wheeling Park, Wheeling WV, September 22, 2024, Contact Christina Beck at cbeck@alz.org for more information or go to <https://act.alz.org> to register or donate.



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. We welcome health and human service professionals who want to meet and network with colleagues, and learn about resources for consumers. Contact the group facilitator(s) for more information!

OHIO

Belmont County: 1st Thursday at 11am at Senior Services of Belmont County, 67650 Oakview Drive, St Clairsville OH 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, 630 Market Street, Steubenville OH starr.decariarx@gmail.com

Harrison County: 4th Wednesday at 3pm at the Cadiz Senior Center, Cadiz OH tblanchard@theicgroup.com

WEST VIRGINIA:

Brooke County: 2nd Monday at 2pm at the Brooke County Senior Center, Follansbee WV Chris Orris at corris@valleyhospice.org

Ohio County Adult Services Coalition: 3rd Tuesday at 2:00 at Vance Memorial Church, Wheeling WV, tblanchard@theicgroup.com

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

Vaccinations, Boosters, Flu Shots

- 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.
- Vaccinations are covered by Medicare *for those with prescription coverage*.
- Check with your physician for any contraindications.

Timely Resources for Readers

A **Environmental Awareness**

- Read more about the [environmental impact of plastics](#) for all types of life.
- The [International Bar Association](#) addresses the issue of plastic in the environment.
- Learn about some earth-friendly tips at [Sustainable Harvest](#).

A **Great Pacific Garbage Patch**

- Read more about the Great Pacific Garbage Patch from [CNET](#), [National Geographic](#) and [NOAA](#) (National Oceanic and Atmospheric Administration).
- Read [“Our Ocean is Choking on Plastic But It’s a Problem We Can Solve”](#).

A **Substance Abuse and Older Adults**

- When talking to your health care provider don’t forget to include over-the-counter preparations, herbal remedies, herbal supplements, and vitamins to your medication list.

A **Refresher on Leqembi**

- Another [article on the NCOA website](#) “Leqembi and Alzheimer’s Disease: Benefits, Side Effects, and What It Costs” addresses cost and effectiveness.



Altenheim Retirement Community

Founded 1891

Our cottages are situated adjacent to our Administrative Building 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

Our first residence in 1891 to the upgrade in 1950 to our transition to a retirement community in 2008



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 with 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, and a photo gallery

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

