



October 10, 2024

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

October is Breast Cancer Awareness Month

According to the [National Breast Cancer Foundation Inc](#), more than 360,000 people will be diagnosed with breast cancer in 2024. Breast cancer is not just a disease that women experience. Although rare in men, it is estimated that about [2,790 new cases](#) of invasive breast cancer will be diagnosed in men in the United States, the American Cancer Society reports. Read more about [breast cancer in men](#). Consider your [risk factors](#) that include aging, being a female, obesity, and family history. Be proactive! Do self-exams monthly. Report any changes to your health care provider. Watch your diet and alcohol intake. Get regular mammograms. [Advances in breast cancer care](#) have reduced the incidence and work continues.

AI and Voting

Back in January, Timely Resources offered an article on Artificial Intelligence. Although AI has become common in our vocabulary, here is the definition again: “Artificial intelligence or AI refers to software technologies that make a robot or computer act and think like a human” as defined by [Market Business News](#). The technology is not new and we already use AI in several applications. Please do your due diligence. What you see or hear isn’t always real and not always true. Images and audio clips can be manipulated. Check out the AARP article [11 Ways to Fight Misinformation in the 2024 Election \(aarp.org\)](#). The technology for AI is becoming more sophisticated and there are more outlets to disperse information. Make sure the information is true.

Fact Checking*

To continue with the idea of due diligence, go to fact checking sites. Read various news sources. Don’t get your news from social media. Talk to people and get REAL opinions. Do some critical thinking about the issues. We are fed information from so many sources and some are reputable, some are not. Some are biased, some are more objective. Ask questions. Fact-check several sources. Misinformation is escalating as we approach the election so be informed from all sides.

Disaster Scams

We have been hit with unprecedented weather disasters in the past few weeks. Donations are gratefully accepted but make sure your donation is going where you want it to and serving the purpose you want. There are websites you can search to find legitimate charities doing relief work. Here are a few options: the [National Voluntary Organizations Active in Disaster](#), the [BBB Wise Giving Alliance](#), and [Charity Navigator](#). Check the charity that you intend to support.

Real Estate Scams

There are several [real estate scams](#) that have the goals of taking your money or taking your property. There are home inspection scams, title scams, and rental scams – to name but a few. You may receive a message from a ‘fake buyer’ trying to get personal information. There may be a push to send money to seal a deal or to avoid foreclosure. Check on credentials. Is the “lawyer” who contacted you legitimate? Is the home inspector licensed and approved? Make sure a rental property really exists. (Think about this with vacation rentals, too.) Consult licensed professionals. Make sure your personal information is secure. Avoid off-market transactions.



“We Buy Houses”

We see the “We Buy Houses” signs in neighborhoods and on main streets. According to *Money*, these offers (usually lower than the property is worth) are often from real estate groups who seek to rent or flip properties. Read “[What’s the Deal with All Those Shady ‘We Buy Houses’ Signs?](#)” to learn about the process. The availability of housing and the financial situations of potential sellers are two factors that drive the business. Check with a realtor for information on selling your home. Don’t sell yourself short.

Scam Tip for Ohio Property Owners

From Ohio Attorney General David Yost, some of Ohio’s county auditors have free e-alert programs that will notify you if your property record changes hands. Check with [your county auditor](#) to see if they have the program.

Are You Thinking of Retiring?

Sit back and close your eyes. Think about retirement. What do you see? A second home? Travel? Do you want to move or do you want to age in place? There are several things to consider when preparing for retirement. Are you prepared financially? Do you have enough money for what you want retirement to be? Are you prepared psychologically? What will you do? So many questions! The [Department of Labor](#) tells us that the average American spends 20 years in retirement so consumers need to give thought to this phase of their life. The month’s Deeper Dive will take look at retirement planning. Look for it in the next few weeks!

What’s Going On?

*October 15 – December 7: Annual Enrollment for Medicare

*October 16: Washington PA Parkinson’s Support Group

11:30am Wilfred R. Cameron Wellness Center, 240 Wellness Way, Washington PA Information: Casey at cpeluso@pfwpa.org or 412 837-1357

*October 22: Charcuterie with Cheryl Kaczor

11a – 12noon Family Service Upper Ohio Valley, 2200 Main Street, Wheeling RSVP and reserve your lunch at 304 233-2350 ext 105

*October 28: Master Gardener Series II with Earl Nicodemus on Composting

11am – 12noon Family Service Upper Ohio Valley, 2200 Main Street, Wheeling RSVP and reserve your lunch at 304 233-2350 ext 105

*October 29: Trunk or Treat

5pm – 6:30pm Rolling Hills Rehabilitation & Care Center, 68222 Commercial Drive, Bridgeport

*November 7: Master Gardener Series II with Ralph Dunkin on Propagation

11am – 12noon Family Service Upper Ohio Valley, 2200 Main Street, Wheeling RSVP and reserve your lunch at 304 233-2350 ext 105

*November 18: Master Gardener Series II with Patty Hickman on Holiday Plants

11am – 12noon Family Service Upper Ohio Valley, 2200 Main Street, Wheeling RSVP and reserve your lunch at 304 233-2350 ext 105

*November 19: Hospice Care and Palliative Care program

11am – 12:30 pm Rolling Hills Rehabilitation & Care Center, 68222 Commercial Drive, Bridgeport
RSVP by November 11 to Jennifer at 304 639-5160

With Our Thanks

Thank you to our Guest Editor Jeanette Wojcik who writes the *Deeper Dive* newsletter.



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 Starr.decariarx@gmail.com

WEST VIRGINIA:

Brooke County: 2nd Monday at 2pm at the Brooke County Senior Center Sandy Kemp at skemp@bccoawv.org

Ohio County Adult Services Coalition: 3rd Tuesday at 2:00pm at Vance Memorial Church, sdunlevy@icare.com

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

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.

What is RSV?

Respiratory Syncytial Virus or RSV is a common contributor to respiratory illness for all age groups. Healthy people may experience mild flulike symptoms. In older adults and those with a compromised immune system, RSV can lead to more severe symptoms and can cause hospitalization or it can be fatal. There IS a difference in RSV and flu. High fever is more often associated with flu as are malaise and GI symptoms. RSV patients are more likely to develop pneumonia than flu patients. Read more in "[The Latest on RSV](#)" from Today's Geriatric Medicine. Vaccinations are available. Consult your health care provider.

Timely Resources for Readers

A Fact Checking

- **These resources were cited in an earlier newsletter but need to be repeated.**
- SMU Libraries offers these [Resources for Reporting: Fact Checking Tools for Fact Checking](#).
- [Snopes.com](#) is another fact-checking site.
- How do you spot deep fakes? Read "[Detect Deep Fakes: How to Counteract Misinformation Created by AI](#)" from MIT and "[What Are Deep Fakes and How to Spot Them](#)" from Norton.
- Read more about [critical thinking](#) from Indeed. This is *not* an endorsement of Nichols College but check out their webpage that says [more about critical thinking](#).



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 gam.dakovic@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, and a photo gallery

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

