



October 17, 2025

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

October is the month designated to bring awareness to breast cancer. Did you know that 1:8 women will develop breast cancer? Or, it is estimated that in 2025, approximately 316,950 women will be diagnosed with invasive breast cancer, with 59,080 new cases of ductal carcinoma in situ (DCIS), which is non-invasive? Or, that breast cancer affects men? Learn more about [breast cancer](#) and more about [risk and prevention](#). Do monthly breast exams (men *and* women) and schedule your mammogram!

Medicare Open Enrollment

It's going on now! Medicare Open Enrollment for 2026 runs from October 15 to December 7, 2025. During this time, you can make certain changes to your Medicare coverage, but be informed before making changes. Beneficiaries should have received their Annual Notice of Coverage and should now review the document carefully. What changes have been made to your plan? Do you need to change your provider? Contact the [State Health Insurance Assistance Program](#) with questions about Medicare. SHIP assistance is free, and SHIP counselors are not affiliated with insurance companies. You can also call 1-800-MEDICARE or talk to your Medicare insurance broker. There are significant changes to Medicare, so don't assume that the cost or coverage for 2026 will be the same as in 2025!

The Extra Medicare Charge

The September/October 2025 issue of the AARP Bulletin addressed the Income-Related Monthly Adjustment Amount or IRMAA. The article tells consumers that IRMAA "can apply if you have original Medicare, Medicare Advantage or Part D drug coverage" and "typically hits well-off enrollees". However, others may have to pay, too. Have you had capital gains? Did you have higher income due to gas/oil leases or payments? The Social Security Administration looks at your income from 2 years prior so your 2026 IRMAA would be based on your tax return from 2024. Read more in the Forbes article "[IRMAA 2025 for Medicare: What You Need to Know](#)".

Cyber Security

What is Cybersecurity? We hear a lot about cybersecurity but what is it? Cybersecurity involves the practices and technologies designed to safeguard computer systems, networks, and data from malicious attacks or unauthorized access. (Fortinet.com) Breaches in these systems expose our personal information to hackers. We've become more vulnerable as we dive deeper into the digital age. So – Timely Resources Deeper Dive is going to take a look at Cybersecurity this month!

Is There a Neurological Problem?

Quite often, the signs of neurologic issues are subtle and can be missed or attributed to stress, hearing issues, or "aging". We need to be aware of how our loved ones are functioning. Are they having difficulty doing something they used to do? Other signs you may pay attention to are memory loss (that affects how they go about their day); muscle weakness, numbness, or tingling in the limbs; balance problems; behavioral changes; and/or confusion. Read more in "[Signs of Things to Come](#)" in the current issue of Brain and Life Magazine.



Scam Awareness

It's early but consumers need to be forewarned that holiday season is extra-scam season. Scammers will offer (fake) deals on items, fake charities will be contacting you by phone, email, and snail mail. Gift card scammers, romance scammers, and delivery scammers will also kick their efforts up a notch as we are more easily distracted during the holidays. Artificial Intelligence is an additional threat to our security. Pay attention. Ask questions. If it sounds too good to be true, it probably isn't true! Do NOT share your personal information! Norton offers advice to consumers in their article "16 Holiday Scams to Watch Out for in 2025".

Wheeling Parkinson's Disease Support Group

Altenheim Resource Services and Family Service Upper Ohio Valley (Ohio County Senior Center) are offering a support group for those with *Parkinson's Disease & their caregivers*. The Wheeling Parkinson's Support Group is scheduled for the 4th Friday at 10:30am at the Ohio County Senior Center, 2200 Main Street, Wheeling, WV. The next meeting will be on October 24. Contact Ann at 304 280-8701 or Paula at 304 233-2350 ext 105 for more information.

Vaccination / Support Group / Adult Services Coalitions

Vaccinations

- The CDC offers [information on vaccination schedules](#) which are appropriate to age and health conditions.
- What ARE those diseases? What are symptoms? What are consequences of the disease? Is it contagious? Can it be prevented? ? What about vaccinations? What does the vaccination involve? Are there side-effects? Who should consider the vaccination? Read on!
 - COVID: [COVID](#) and [Information on vaccinations](#)
 - ANNUAL FLU SEASON: [Annual flu season](#) and [Information on vaccinations](#)
 - RSV: [RSV](#) or Respiratory Syncytial Virus and [Information on vaccinations](#)
 - SHINGLES: [Shingles](#) and [Information on vaccinations](#)
 - TDAP: [TDAP \(tetanus\)](#), [Diphtheria](#), Pertussis or Whooping Cough and [Information on vaccinations](#)
 - MEASLES: [Measles](#) and [Information on measles vaccinations](#)

Other considerations:

- Check with your primary health care provider for information on vaccinations. Your medical record may have information on when a vaccination is due. Ask about any contraindications.
- Most vaccinations are available at pharmacies. Consult your pharmacist about availability.
- Most vaccinations are covered by Medicare *for those with prescription coverage*. Recent governmental changes may impact payment. Confirm your coverage!
- There will be changes in insurance coverage for vaccinations including the COVID vaccination depending on age, health, and insurance carrier. Confirm your coverage!
- You can get information on [immunization resources](#) or go to <https://www.immunize.org/>. Click on "Vaccines and VIS".
- Annual Flu Season is just around the corner. COVID cases are on the upswing. Measles have seen a resurgence. What is your vaccination status? Talk to your primary health care provider about vaccinations.
- The government shut-down has impacted updates and access to some information.



Support Group Information

There are support groups that cover many areas of need that include in-person and virtual options. Here are just a few that are available. Contact us for details. Contact us if we can help you locate a group.

***Myasthenia Gravis Support Group** will meet October 18th at 1pm. For meeting information, contact Jay Adams at 304 780-9274.

***Opportunities to Shine for Individuals living with brain change**, their families, and professionals meets on the 4th Wednesday at 4pm at First Christian Church (Disciples of Christ), 1343 National Road, Wheeling. For meeting information, contact Sara Alig at 304 336-8199. Ask about a Zoom option if you can't attend in person.

***Dementia Support Group**: Shadyside Healthcare & Rehabilitation, 60583 State Route 7, Shadyside OH, 3rd Thursday from 6pm – 7pm. Call 740 676-8381 for more information.

***Caregiver Support for those caring for a loved one with Alzheimer's / Dementia**: Berkeley Senior Services, 11:30 a.m. on the 2nd Friday of each month, 217 North High Street, Martinsburg, WV 25404. For more information, contact Katherine Donovan at 304-263-8873 Ext. 4114 or by email at katherine@berkeleyseniorservices.org. The Virtual Dementia Tour is also available. (*This is a great program for anyone interested in dementia care.)

***Grief Support Group** meets the 4th Monday of the month from 2pm – 3pm at First Christian Church, 1343 National Road, Wheeling WV. For information, contact Dannette Harris at 304 290-7050.

***Parkinson's Disease Support Group** meets the 3rd Wednesday at 11:30am at the Wilfred R. Cameron Wellness Center, 240 Wellness Way, Washington PA 15301. For more information, contact Casey Peluso at cpeluso@pfpwa.org or 412 837-1357.

***Parkinson's Disease Support Group** meets the 2nd Tuesday, 10:00 am Our Place/First Westminster Presbyterian Church 235 N 4th Street Steubenville, OH 43952 Judy Owings: 740-520-0120

***Wheeling Parkinson's Disease Support** group meets the 4th Friday at 10:30 am at Family Service Upper Ohio Valley (Ohio County Senior Center), 2200 Main Street, Wheeling, WV. For more information: Ann Koegler 304 280-8701 or Paula Calvert: 304 233-2350 ext 105.

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, akoegler1995@gmail.com

Guernsey County: 3rd Wednesday at 3pm Stacey.clark-frame@altercareonline.net

Jefferson County: 3rd Thursday, starr.decariarx@gmail.com

Harrison County: 4th Wednesday at 3pm, allisonheavilin@yahoo.com

WEST VIRGINIA:

Brooke County: 2nd Monday at 2pm, corris@valleyhospice.org

Ohio County Adult Services Coalition: 3rd Tuesday at 2:00pm, tblanchard@theicgroup.com

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

If you find a broken link in any of the newsletter's referenced sources, please let us know! Thank you!!



Altenheim Resource Services



Timely Resources

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 independent adults 65 years and older

Two bedroom, two bath, living room, kitchen room, dining room

Stove, refrigerator, dishwasher, microwave, washer and dryer are included

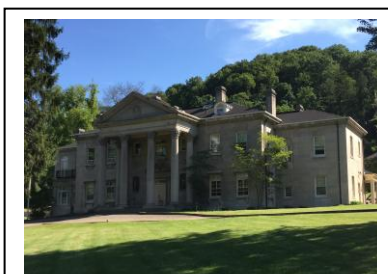
Lawn care, snow removal, general maintenance, general repairs included in monthly rent

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



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

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, Care Guides, and a photo gallery

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

