

ADRC Connections

Newsletter Date Winter 2017

Connecting You to Your Community's Resources

Home for the Holidays

Many of us live far away from our families. The holidays are times when many of us reconnect with our loved ones. Holidays are an opportunity to take an objective look at how our families are coping. Take time to notice if things have changed. Your visit may reveal that your frequent phone calls are not giving you a complete picture of your loved one's daily life. In most cases you have some time to begin making changes and provide resources to your loved one and the caregivers involved.

When your family's observations lead to concerns, make one of your first contacts should be the Aging and Disability Resource Center (ADRC).

The ADRC provides older adults, people with physical or developmental/ intellectual disabilities and their

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weather challenges, health and safety concerns. There are irritants like increasing darkness, crowds, and constant noise. Even originally beautiful, but overly repeated music can become irritating.



There's tremendous pressure to spend money (and work hard doing so!). Underneath it all, we may feel longings, regrets, stress, and love; sadness and joy; gratitude and resentment. And sheer exhaustion!

Some of those "Things to do" include decorating; baking; gifts; greeting cards; menu planning; guests; routine caregiver planning, planning for attendance at a place of worship, family dynamics; medical appointments; paperwork: (you just got done with annual Medicare decisions, and now the property tax bill is lurking somewhere in a pile!). Sounds overwhelming,

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Questions or
comments about
this article?

Contact:

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Tame the Wild Goose
of Expectations

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and the list could go on....

Let's look in on a few Family Caregivers in Racine County:

Sandra is decorating cookies. She works as a secretary at an elementary school. Her husband Rick has retired, and they are looking forward to traveling together... "sometime." Sandra's brother Danny lives with them, since their parents died last year. Danny has Down Syndrome, and he is not able to live independently or make his own decisions. Danny is very excited about the holidays coming up. Sandra? Maybe not so much! She has a headache perhaps related to being with hundreds of excited children all day. She and Rick are going to a party this evening. Sandra needs to finish Danny's favorite cookies for a party at his workshop program tomorrow. Sandra feels so sad that her brother has special challenges in his life and has also lost his parents. She misses them too. She notices that Rick is sighing and watching the clock. Sandra is blinking, trying to not cry and to hurry. She can't let tears fall into the frosting! "I just want to do everything the way Mom and Dad did for Danny," she tells herself.

Jerry is sitting on the couch staring blankly out the window. His wife, Helen, has heart and lung disease as well as diabetes. As the holiday season begins, they continue plodding through their daily routine. Cooking, laundry, and housework, maintenance of their home and car, and coping with the winter elements take all of Jerry's time and strength. As daylight diminishes, so do Jerry's spirits. Although exhausted, he doesn't sleep well. He has little appetite for food or merriment. His daughter Melissa invited her parents for a festive family meal, but Jerry declined. Melissa was very disappointed. Jerry said family get-togethers just make him miss the old days. Melissa says, "Me too, Dad." That's all they say to each other.

"Things will always get worse, and I only deserve misery," Jerry thinks to himself. Melissa muses, "Mom is the sick one, but Dad is really changing. I remember when he used to play games with the grandchildren at family events. What can I do for him now?"

Hannah is cruising for a parking place at her umpteenth store today. She must find just the right toys her grandchildren have requested this year. She inches past vehicles of other happily parked shoppers, hoping they aren't buying the last of what she needs. Hannah works full time. She also cares for her mother, Leah, who has dementia and mental health problems. This has been a traumatic year for Hannah. Leah became belligerent and arrangements had to be made for her to live in a care facility. Hannah is busier than ever managing Leah's care, going to meetings and medical appointments, and dealing with nagging guilt feelings. Hannah's siblings will be arriving soon from other states. Cooking, baking, decorating, cleaning, and laundry await. She wants to provide an interlude of absolute joy and goodwill for all four generations of her family. "This could be my last chance," she thinks, and the tears come.

Yes, it can be called a **Wild Goose Chase!** It's as though thousands of humans dash desperately after a pair of geese named Permanence and Perfection. These elusive fowl will never be caught, you know, despite what you see and hear all about you for weeks. Neither one dwells on this planet. Nothing here is perfect, and everything changes. And you, dear caregiver, don't have to change that. There is no cure for the nature of things.

Pauline Boss, who writes about Ambiguous Loss (that constant ache in the heart shared by Family Caregivers)

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Transition to Adulthood in Racine County

Everyone does some planning for their future. It's all about making choices that fit your abilities, needs and wishes or dreams. It is usually about what subjects to take in school, what job or career you want to work toward, who you want to hang out with and more. As we get older the decisions get more complex until we are deciding how we would like the end of our lives to turn out.

Most of the time we are left to figure these things out on our own through planning, looking at the lives of others, or setting our own course. There are a variety of tools available to help people figure out their next steps, but

what about over your lifespan?

Two concepts to consider when planning are Self-Advocacy, and Self-Determination. The ARC's Center for Future Planning describes these concepts and encourages their use in a person-centered approach to life planning. The goal of any planning is always to protect the individual's rights and ensure choices.

Self-Advocacy is a set of skills that can lead to living a self-determined life. Like any skillset, self-advocacy takes practice. Some components are:

Future planning continued on page 7...

Community Resources

This column highlights some of the many resources in our community. For more, see the [Community Resource Directory](#) available from the Aging and Disability Resource Center (262-833-8777) or www.adrc.racinecounty.com

Caroline Ludka with the Wisconsin **Office of the Deaf and Hard of Hearing** has office hours at the ADRC the 2nd Friday of every month from 9:30- 11:30 a.m. You can meet with Caroline to discuss a variety of topics tailored to the unique needs of deaf, deaf-blind, or hard of hearing residents. She will meet with those who walk in, or you can contact her at: 262-565-6349 to make an appointment. See information about the office at: <https://www.dhs.wisconsin.gov/odhh/index.htm>

New to a vision loss? Rehabilitation services are provided by the **Office for the Blind and Visually Impaired (OBVI)** to help individuals who are blind or visually impaired to achieve their own goals of independent living. OBVI staff visit individuals in their homes, conduct group trainings, and teach techniques

and technologies for use in daily living (home management, personal care, orientation & mobility, and communications). These specialized skills allow individuals to adapt and adjust to vision loss, enabling them to live as independently as possible. They also provide general resource information. See <https://www.dhs.wisconsin.gov/blind/index.htm> or call 888-879-0017.

Call the ADRC for other resource information and ideas. 262-833-8777.

Please be sure to Follow the ***Aging and Disability Resource Center of Racine County*** on Facebook!



Just press the "like" button. We share information, resources, current events, and other items of interest.



Racine County Senior Nutrition Program



Call 833-8766 to make a reservation at one of our Dining Sites. Please call before 9:00 a.m. one business day in advance.

Dining Sites:

Burlington Senior Center
201 N Main St, Burlington,
Weekdays at Noon

Lake Oaks Apartments
1916 S Wisconsin Ave, Racine,
Weekdays at Noon

Lincoln Villas North Apartments
3919 Ruby Ave, Racine, Weekdays at
11:30 am

Mount Pleasant Place (former
Lincoln Villas) 5820 Lincoln Village Dr
Racine, Weekdays at Noon

Living Faith Lutheran Church 2915
Wright Ave Racine, Weekdays at Noon

Salvation Army 1901 Washington
Ave Racine, Weekdays at Noon

Union Grove Hometown Village
1415 13th Ave, Union Grove,
Weekdays at 11:30 am

Menus:

You can find the menus for coming months in your local newspaper, or online at:

www.adrc.racinecounty.com

Holiday Leftovers

With all the holiday food around, try to keep food safety in mind.

- Throw away all perishable foods, such as meat, poultry, eggs and casseroles, left at room temperature longer than two hours; one hour in air temperatures above 90 degrees. This also includes leftovers taken home from a restaurant. Some exceptions to this rule are foods such as cookies, crackers, bread and whole fruits.
- Whole roasts, hams and turkeys should be sliced or cut into smaller pieces or portions before storing them in the refrigerator or freezer.
- Refrigerate or freeze leftovers in shallow containers. Wrap or

cover the food. Leftovers stored in the refrigerator should be consumed within 3-4 days, and leftovers should be heated to 165 degrees prior to consumption.

- Foods stored longer may become unsafe to eat and cause foodborne illness. Do not use a taste test on leftovers that appear to be safe as bacteria that cause illness often does not affect the taste, smell, or appearance of food.
- Frozen storage times are much longer, but some items such as salads made with mayonnaise do not freeze well. Foods kept frozen longer than recommended storage times are safe to eat, but may be drier and not taste as good.

WHEN IN DOUBT, THROW IT OUT!



Eat Well Age Well/Healthful Snacking

Nutrient Dense Snacks

You may be wondering, “What makes a snack nutrient dense?” A food that is nutrient dense contributes a large amount of nutrients compared to the amount of calories the food yields.

Snacks are especially important for older adults because they provide the extra calories and nutrients you maybe aren’t getting in your regular meals. However, it is important to focus on foods that are low in sodium, added sugars, and saturated fats. Large amount of sodium, added sugars, and saturated fats can be found in some of the most popular snack foods so, it is important to read and understand the nutrition label.

Some examples of nutrients you might need include: calcium, vitamin D, vitamin B12, fiber and potassium. Try kale or spinach chips to add calcium to your diet. Orange juice or oatmeal can add vitamin D to your diet. Eggs are good when you need vitamin B12 and protein. Lastly, fruits and vegetables are high in fiber and potassium. Think outside the box, and find foods that you like with the nutrients you need. **Here are some examples of nutrient dense snacks:**

CHICKPEAS

These little legumes are a delicious, healthy treat that will satisfy hunger. They can control hunger with their high fiber, protein, and their low glycemic index. Just 3/4 cup of chickpeas included in your diet can

help lower LDL (bad) cholesterol levels, which reduces the risk of heart disease.

SWEET POTATOES

Craving a crunch? Try baking sweet potatoes in the oven seasoned with some pepper and cinnamon. This power house root vegetable is packed with potassium and beta carotene. Not only will it satisfy your quest for a snack, but it will keep your eyes healthy and strong!

STRAWBERRIES

Satisfying a sweet-tooth with a sensible snack is no challenge! Strawberries are delectably perfect to curb hunger between meals. Not only will they keep you satiated (feeling full), but over time strawberries are proven to regulate blood sugar. Even when not in season, these gems can be found in the freezer aisle.

ALMONDS

There is no shame in snacking! It is beneficial to the body and keeps from overeating during meal times. Make sure snacks are nutrient dense like almonds! Their riboflavin and L-carnitine help increase brain activity. Your body and brain will be able to endure activities between meals!

CHIA SEEDS

Chia seeds, despite being so small have so many benefits for the body since they are loaded with fiber, protein, Omega 3-fatty acids and various micronutrients. The protein in chia seeds are a weight-loss friendly macronutrient that can help reduce appetite and cravings.



If the winter weather has you snacking a bit more, consider choosing healthy options whenever possible



Important Numbers

Social Security

Local:
866-270-8629
USA:
800-772-1313

Medicare

1-800– Medicare (800-633-4227)

Wisconsin Medicaid—

Member services:
800-362-3002

Wisconsin Kenosha Racine Partners Consortium (WKRK)

888-794-5820

To learn more about protecting yourself from identity theft and health care fraud, visit

www.Medicare.gov/fraud or contact your local Senior Medicare Patrol (www.smpresource.org).

This message is brought to you by the U.S. Department of Health and Human Services.



Fight Fraud: Guard Your Medicare Card

If you have Medicare, you can protect your identity and help prevent health care fraud by guarding your Medicare card like you would a credit card.

Identity theft from stolen Medicare Numbers is becoming more common. Medicare is now helping by removing Social Security Numbers from Medicare cards and replacing them with a new, unique number for each person with Medicare. Medicare will mail new Medicare cards with the new numbers between April 2018 and April 2019.

Here are some important steps you can take to protect yourself from the identity theft that can lead to health care fraud:

- Don't share your Medicare Number with anyone who contacts you by telephone, email or in person, unless you've given them permission in advance. Medicare will NEVER contact you (unless you ask us to) for

your Medicare Number or other personal information.

- Don't ever let anyone borrow or pay to use your Medicare Number.
- Review your Medicare Summary Notice to be sure you and Medicare are only being charged for actual items and services received.

If you're looking to enroll in a Medicare plan:

- Remember there are no "early bird discounts" or "limited time offers."
- Don't let anyone rush you to enroll by claiming you need to "act now for the best deal."
- Be skeptical of free gifts, free medical services, discount packages or any offer that sounds "too good to be true."

If someone calls you and asks for your Medicare Number or other personal information, hang up and call 1-800-MEDICARE (1-800-633-4227).

Future Planning ...continued from page 3

(Self Advocacy Components continued)

- Speaking up for yourself and others
- Getting information in a way you can understand it
- Making meaningful choices about your life
- Participating in life roles and activities that you choose

Self-Determination is the power to make independent decisions, make decisions with supports, and/or provide input on decisions that other people make about your life. These skills include:

- Choice-making
- Problem solving
- Practicing leadership
- Practicing Self-advocacy

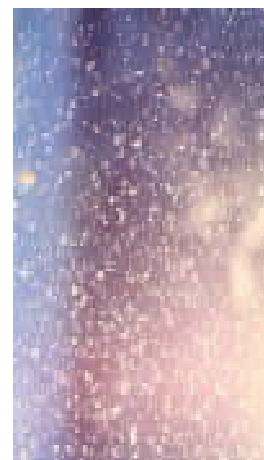
Some tools that are available to help.

- ◆ Contact the ADRC for transition planning information like the booklet “Living My Dream,” and other advance directives like Power of Attorney for Healthcare or Power of Attorney for finance forms, and general information about Guardianship. The ADRC can also discuss long - term care programs.
- ◆ See the ARC’s Center for Future Planning at www.futureplanning.thearc.org/ **101** They provide reliable information and practical

assistance to individuals with I/DD, family members and friends as well as others. Keep your eyes open for upcoming information about their online planning tool.

- ◆ Sibling Leadership Network <http://siblingleadership.org/> where the Wisconsin Chapter offers workshops where adult siblings and the disabled individual plan together for future wishes and needs.
- ◆ Families are encouraged to talk to a knowledgeable attorney and/or the Guardianship Support Center (GSC) at 1-855- 409-9410 or email guardian@gwaar.org before moving forward with a guardianship decision. They also have information about “Supported Decision Making. They can be found at: <http://www.gwaar.org/>.

Remember that the goal of any future planning is always to protect the individual’s rights and ensure choices.



**To Volunteer
with the Aging
and Disability
Resource
Center of
Racine County
in a variety of
positions
contact Ruth at
262-638-6337**





Cindy and Peggy

It all started when Cindy Langlois began volunteering for Meals on Wheels in 2015. She was retired and wanted to give back, and her parents used to get Meals on Wheels so she was familiar with the program. Back when she was working, she was grateful knowing a friendly face and a nutritious meal was being delivered to her

parents. Cindy knew we had a couple of open routes and needed drivers so she decided she would ask her friend Peggy if she would like to volunteer with her and the story begins. Peggy Vold said she wanted to be involved in something, so when Cindy asked her about volunteering with her Peggy decided that she would give it a try. Now Peggy says that delivering meals gives her a warm feeling.

When the ladies were asked what their favorite memory is about delivering meals Peggy replied, “When one of my customers said, ‘Now I have a new friend’ to me.” Cindy said, “it’s the beautiful smiles from the people and that they are always so happy to see us.”

Peggy would also like to encourage anyone interested in volunteering to give it a try. She said it is a rewarding opportunity. Cindy says “give it a try. You’ll be surprised at just how much fun it is.”

If you have any questions, if you are interested in riding along with a MOW’s Volunteer Driver to test it out, or if you would like us to mail you out an application, please email Ruth Stauersbol, Volunteer Coordinator at

ruth.stauersbol@racinecounty.com
or call her at 262-833-8766.

**Consider doing
a trial run as a
Meals on
Wheels
Volunteer !**

**Contact Ruth at
262-833-8766**

New Year’s Resolutions—Keep it Simple

Exploring something, new or that you have always enjoyed, can be fun. Goals that focus on bettering overall health benefits you both physically and mentally. Consider the following:

Explore new volunteer opportunities.

Volunteering is great way to help in the community and boost your own self-esteem.

Revive Old Friendships

Make a phone call or send a message to a friend you haven’t

seen in a while.

Make healthier dessert decisions

Try a piece of fruit or dark chocolate.

Spend more time with family

Staying connected will strengthen the bond and keep the entire family closer.

Revisit an old pastime

Pull out your fishing pole, card collection or craft projects.

Challenge your brain

Make time to play a game, work on a puzzle or learn a new language.



ADRC continued from Front page...

caregivers the resources needed to live with dignity, security, and achieve maximum independence and quality of life. The goal of the ADRC is to empower individuals to make informed choices and streamline access to the right and appropriate services and supports. ADRC's provide free, accurate and unbiased information to people regardless of their income or asset levels and are available in all counties in Wisconsin. Information and assistance can be provided over the phone or in person. Contact the ADRC of Racine County at **262-833-8777**, Monday – Friday 8:00 am to 4:30 pm.

Spotlight on Senior Nutrition

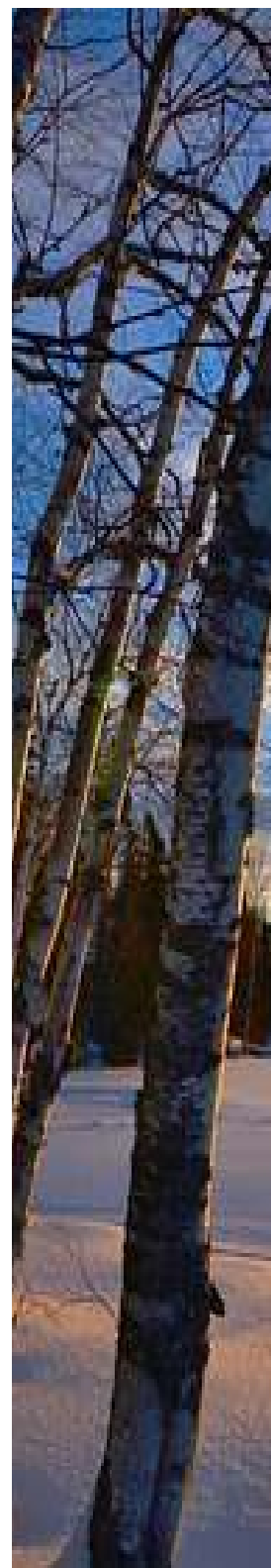
The Senior Nutrition Program actually has two components, but both components have one goal: Make Sure No Senior Goes Hungry in Racine County. The Meals on Wheels component of the program has been serving meals to homebound seniors for 50 years. The meal is delivered to their door Monday through Friday between the hours of 11 am and 1 pm. MOW has an average of 120 volunteer drivers who share their time by delivering the meals and visiting with the homebound seniors. It is also a safety check for the senior, because if they do not answer the door, we will contact an emergency contact to check on them. Qualifications for Meals on Wheels are: 60 years or

older and unable to leave their home under normal circumstances. All Meals on Wheels Participants will need an in-home visit within 30 days of starting. You can set up an appointment when you call to arrange Meals on Wheels, or you will be contacted to arrange this. All meals are provided on a donation basis which the program depends on to continue to serve meals.

The second component of the program is for the seniors who can still get out for lunch. We have 7 Dining Centers in Racine County where seniors can have lunch Monday through Friday. (See the list on page 4.) They can come with friends or come alone and make new friendships at these centers. The Centers also have information on nutrition education, other senior services in Racine, and many centers have activities, such as card playing and Bingo.

Lunch is served at 12 noon, but two sites serve lunch at 11:30. You need to make your reservation a day in advance. Anyone 60 or older and a spouse of any age are welcome to attend. All meals are served for a donation; a \$3.50 donation is suggested.

Menus are made a month in advance **You can view a menu on line at:** http://www.adrc.racinecounty.com/site/457/nutrition_program.aspx or you can find a copy in local newspapers. Choose to eat 5 days a week or pick and choose the days you want.



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has coping suggestions. Two guiding thoughts: Both-And, and Good-Enough. These ideas keep us on a middle ground between despair and the desperate chase. We may discover that our hearts are resilient enough to harbor grief and joy; to laugh and cry; to feel robbed and blessed. Allowing differences into our lives helps us settle into what we can acknowledge as a Good-Enough deal, a Good-Enough relationship, a Good-Enough holiday. It's okay to name losses and blessings, express sadness and gladness, growl in frustration and swell with joy.

Here's a sobering note to help you consider a shift in your self-expectations. Studies have shown that at least one in three family caregivers suffers life-threatening health problems. That means at least one of the caregivers in our stories is likely to die before their care partner. Do any of these good people seem familiar? If so, please tame down your "goose chase!"

I wish you a Good-Enough, Both-And holiday season. May you be blessed as you bless others.

Reference for book:

Author:
Pauline Boss
"Ambiguous Loss: Learning to Live with Unresolved Grief"

Other titles by Pauline Boss; "Loss, Trauma and Resilience," and "Loving Someone who has Dementia" among others.

Support Groups for Family Caregivers

First Thursday 10:30 am-12 Noon **Alzheimer's Association Group**

For Families Dealing with Alzheimer's and other Dementias

Bethania Lutheran Church

4120 Wright Ave (enter at back of bldg)

Dec 7 Jan 4 Feb 1

First Friday 12 Noon-1pm
"Caregiver Connection" Telephone Group
Call 262-833-8762 to pre-register

Dec 1 Jan 5 Feb 2

Second Tuesday 1:30-3:00 pm

Yorkville United Methodist Church

17645 Old Yorkville Rd. (3 Miles West of I-94, Just north of Highway 20)

Dec 12 Jan 9 Feb 13

Second Saturday 10:30 am-12 Noon

Living Faith Lutheran Church

2915 Wright Ave

Enter at back of building (on South side)

Dec 9 Jan 13 Feb 10

Third Wednesday 1:30-3:00 pm

Burlington Senior Center, Eppers Room

209 N Main St

Dec 20 Jan 17 Feb 21

Second Thursday 6:00-7:30 pm

Alzheimer's Association Group

For Families Dealing with Alzheimer's and other Dementias

Bethania Lutheran Church

4120 Wright Ave (enter at back of bldg)

Dec 14 Jan 11 Feb 8

Advanced Directives

Have you made plans for what happens should you become unable to make your own decisions? Assist your loved ones by doing this easy task. You can complete documents like the Durable Power of Attorney for Health Care (POA-HC) or for Finance (POA-Finance) to make your wishes known. These documents are available from several sources; check with your health care provider, the Wisconsin Guardianship Support Center (found at [http://](http://www.gwaar.org/)

www.gwaar.org/), the Wisconsin Department of Health Services at www.dhs.wisconsin.gov/ or request copies from the ADRC and we will mail them to you. They are free, easy to fill out, and you can do this without having to contact a lawyer.



Be Safe

During the winter months we can experience all sorts of weather. Snow and ice can be a huge falls hazard, and that means good footwear will improve your safety in getting around. Having shoes that fit, are sturdy, have the support you need, and have good traction are very important. It may not be possible to wear boots all the time, so having shoes that work in bad weather helps!

We all know that proper shoes can sometimes be expensive, so if you

have family members asking about gift ideas over the holidays, you can say, “Good sturdy shoes! Let me tell you my size...”

Learn more tips and tricks by taking a “Stepping On” class.

Planning is underway for course offerings in 2018. For class information, you can contact Elizabeth at 262- 833-8762.

*May I have...
Serenity to
accept the things
I cannot change,
Courage to
change the
things I can,
and
Wisdom to
know the
difference.*

Family Caregiver Corner

Do we have your email address?

The Caregiver E-VISIT is a newsletter just for you. It is published during the months between issues of The ADRC Connections newsletter. If you'd like to receive the E-VISIT, please send your e-mail address to:
marilyn.joyce@racinecounty.com.

E-Learning available 24/7

Courses that allow individuals to learn important information on their own schedule. Especially beneficial for working caregivers or family members. All courses are free of charge and can be accessed at:
<http://training.alz.org/>





14200 Washington Ave
Sturtevant, WI 53177

www.adrc.racinecounty.com

Caregiver Opportunities

Caregiver Consultations

The Alzheimer's Association has openings for care consultations that can be held at the ADRC offices. To arrange an appointment contact Felicia at 262-833-8761.

How to Find Support Group Information

Please see page 10 for information on Caregiver Support Groups—there is a listing of support group dates for the 3-month newsletter period. You can also find information about upcoming groups in other ways:

- Call the ADRC 262-833-8777
- Check the website at www.adrc.racinecounty.com under the calendar.

Mark your calendar and see you at the Support Group!

Memory Café

Share your stories and socialize with others who have worries about their memory. Third Thursday of each month 1:30—3:00 pm
Old Settlers Bowling Center 1500 15th Ave, Union Grove
New attendees RSVP to Wendy Betley at 414-479-8800

ADRC Connections is published Quarterly. If you have questions you would like to see addressed in the ADRC News please call us at 262-833-8777 or email: adrc@racinecounty.com

