

ADRC Connections

Newsletter Date Spring 2023

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Connecting You to Your Community's Resources

The Aging and Disability Resource Center (ADRC) provides older adults, people with physical or developmental/intellectual disabilities and their caregivers the resources needed to live with dignity and security and achieve maximum independence and quality of life. The goal of the ADRC is to give individuals information to make informed choices and streamline access to the right and appropriate services and supports. The ADRC provides free, accurate and unbiased information to people regardless of their income or asset levels. Elder and Disability Benefit Specialists are also available to answer questions about your benefit needs. Information and assistance can be provided over the phone or in person. For more information, please contact us at 262-833-8777, Monday – Friday 8:00 am to 4:30 pm.

A Bit of Fresh Air

Did you know that fresh air and sunlight are two important forms of positive energy. They can help you get through the day but also can help you relax at the end of the day.

Improve your health and well-being by getting a daily dose of fresh air (and sunshine).

Advance Planning Can Help Prevent Abuse

You may have heard about Advanced Directives or Power of Attorney. How important are these documents and is this something needed? You may have thought about filling one out but feel you may be too young, do not have time to complete it now or you have questions about completing the paperwork. During the recent pandemic, people became more aware of how fragile life is, how quickly things can change and how important planning is.



It is important to understand that planning can provide you with the tools to include details that are important to you. These tools can facilitate what care and treatment you would like in the future, and list the person(s) who you would like to make decisions for you,

Continued next page

Stay Informed

Stop Elder Abuse

- ◇ I am treated with respect by those closest to me
- ◇ I know how my money is being spent
- ◇ I choose what happens in my home
- ◇ Decisions about my life are in my best interest
- ◇ My will reflects my wishes
- ◇ I know where my medication is

If you answered no to any of these statements contact the ADRC
262-833-8777

continued from front page

if you are unable. Take some time to start identifying what is important to you and communicate with your trusted friends, family, and healthcare professionals. These tools also provide protection from abuse, neglect, and financial exploitation of older or vulnerable adults. By identifying your wishes and completing your documents, you are doing your part to protect yourself.

The Power of Attorney for Health Care (POA HC) form makes it possible for adults in Wisconsin to authorize other individuals to make health care decisions on their behalf should they become unable to make decisions for themselves as determined by two physicians.

The Power of Attorney for Finance and Property (POAF) form makes it possible for adults in Wisconsin to authorize other individuals to make decisions about your property (including your money) whether or not you are able to act for yourself.

While advance planning seems like a difficult decision, the alternative leaves family, friends and others struggling to make decisions for you. Without completing advanced directive documents related to both your health and finances, guardianship may be necessary. In a guardianship proceeding, the court chooses who will make decisions and act on your behalf. These forms, or variations of these forms, may also be available from your attorney, physician, hospital or by request at the ADRC.

National Healthcare Decisions Day is held every year on April 16th. It was created to educate and empower the public and healthcare providers to take part in important advance care planning. This would be a great opportunity to prepare your Advance Directives.

June 15, 2023



Resources for Having a Conversation about Advance Directives

There are several tools available online to start or facilitate conversations about what is truly important to family and other loved ones:

- ◆ [The ABA Consumer Toolkit for Advance Care Planning](#)
- ◆ [The Conversation Project workbooks](#)
- ◆ [Five Wishes from Aging with Dignity](#)
- ◆ [Stanford Medicine's Letter Project](#)
- ◆ [Go Wish from the Coda Alliance](#)
- ◆ [Tools to Manage End of Life Care from Compassion and Choices](#)
- ◆ [Advance Directives - Wisconsin DHS](#)
- ◆ [Life Plan for the Life Span](#) - American Psychological Association
- ◆ [Family Estate Planning In Wisconsin](#) (UW Extension) Download only.
- ◆ For Caregivers to plan for times when they might not be available to provide care: [Our Plan B](#)
- ◆ [Planning for the Future- A Guidebook to being Prepared](#)

You can do an internet search for these items, or if you need paper copies of this information contact the ADRC
262-833-8777.

Transition to Adulthood in Racine County

**● RACINE COUNTY SPECIAL NEEDS
RESOURCE FAIR**

Waterford Union High School, 100 Field Drive, Door 19,
Waterford, WI

COME AND LEARN ABOUT LOCAL DISABILITY SERVICES
AND RESOURCES AVAILABLE TO YOU AND YOUR FAMILY,
SUCH AS FINANCIAL RESOURCES, COMMUNITY-BASED
THERAPIES, RESPITE OPPORTUNITIES, RECREATIONAL
IDEAS, JOB/TRAINING SUPPORT, LIVING ARRANGEMENTS
BEYOND THE HOME, AND MUCH, MUCH MORE!

THIS FREE COMMUNITY EVENT PROVIDES AN
OPPORTUNITY TO ASK QUESTIONS, CONNECT WITH
OTHERS, AND FIND THE ANSWERS YOU NEED!

SCAN THE QR CODE FOR MORE INFORMATION

**SAVE THE
DATE**

MAY 2, 2023 4:30-6:30 PM

SCAN ME

Made with PosterMyWall.com Sponsored by multiple school districts in Racine County and ADRC

Know the Signs Of Abuse

- ◇ Decisions about an older person's life are not in their best interest (applies to vulnerable adults too)
- ◇ Sudden changes in behavior
- ◇ Unusual changes in spending or money management
- ◇ Unexplained physical injuries
- ◇ Unexplained sexually transmitted diseases
- ◇ Unhealthy or unsafe living conditions

To report in
Racine County
call
262-833-8777

Community Resources

Where to get information about Advance Directives

- ◆ Your doctor's office
- ◆ ADRC – packets of information available as well as website resources - https://adrc.racinecounty.com/site/477/advanced_directives.aspx
- ◆ Wisconsin Guardianship Support Center – many information pieces, and the ability to ask questions of professional staff. <https://gwaar.org/guardianship-resources> (855) 409-9410 or guardian@gwaar.org
- ◆ The Wisconsin Department of Health Services has advanced directive forms available online These forms are

designed to be completed without the assistance of an attorney. Given your particular circumstances or concerns, however, you may want to seek legal advice from an attorney.

The forms available are:

- Declaration to Physicians (Wisconsin Living Will)
- Power of Attorney for Health Care
- Power of Attorney for Finance and Property
- Authorization for Final Disposition

See: <https://dhs.wisconsin.gov/forms/advdirectives/index.htm>

Or check at: https://adrc.racinecounty.com/site/477/advanced_directives.aspx

Racine County Senior Nutrition Program

Menus:

You can find the menus for coming months in your local newspaper, or online at: www.adrc.racinecounty.com Or call 262-833-8766

Deliver a Meal and a Smile

Volunteers make an immeasurable difference in people's lives and often serve with the intention of helping others. Did you know that volunteering can benefit your health, as well? When spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress reducing effect. The work that volunteers provide is essential to everyday activities, which gives

volunteers a sense of purpose, especially when volunteering in the areas they find meaningful.

The Senior Nutrition Program of Racine County is always looking for part-time volunteers. Many opportunities are available. This is a fun, rewarding experience helping seniors in the community Monday through Friday. No weekends or holidays. Must have a valid driver's license and your own vehicle. Call Ryanne at 262-833-8766.



Please enjoy photos of just a few of our many volunteers!

Another way to Help - **Be a Volunteer Guardian!**

If you are interested in further information about this opportunity contact Ryanne at 262-833-8766.

Wisconsin Department of Health Services has launched Guardianship Training through a partnership with UW-Green Bay.

To enroll in this free online course,

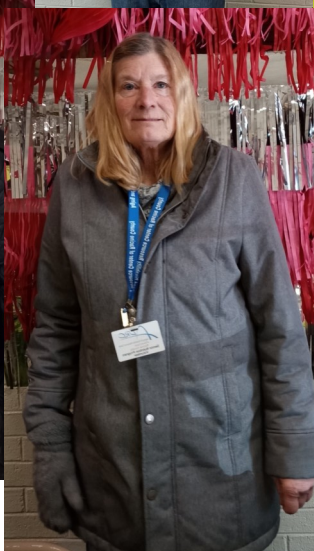
visit <https://www.uwgb.edu/guardianship-training/> This course is self-paced and is accessible 24/7. For questions or comments regarding the guardian training, contact 920-465-2315 or email guardian@uwgb.edu.

The training is intended to ensure that guardians understand their duties and responsibilities, the rights of wards, and the best practices for the relationship.

Volunteer Recognition Day April 20th

As the name suggests, it is a day to honor, recognize and celebrate the selfless individuals who volunteer their time and energy to help others and promote good causes. Volunteers do all this without expecting compensation or appreciation for their efforts and this is what is so inspiring.

Thank you so much to all of those who volunteer for Racine County! Programs like the Racine County Meals on Wheels program rely on our amazing volunteers, who donated 3,278 hours of time in 2022 to deliver meals to our homebound seniors. Thank you so much for all that you do!





Important Numbers

(Toll Free):

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

Contact the ADRC
if you require a
Benefit Specialist
Referral
262-833-8777

Your Benefits

In Person Medicare Workshops have returned!

Workshop Features:

- The Basic Overview of Medicare
 - Medicare Supplements –vs– Medicare Advantage
 - Prescription Drug Coverage
 - Medicare Plan Finder
- What is new with Medicare

New Classes for 2023

Check the ADRC website or all for other dates.

April:

Monday April 17th 1:30 - 3:00 pm
14200 Washington Ave
Call to register 262-833-8777

May:

Wednesday May 10th

1:00 to 2:00 pm
Aurora Wellness Center Burlington
Contact 800 499 5736 or online at
[https://www.aurorahealthcare.org/
classes-events/](https://www.aurorahealthcare.org/classes-events/) keyword: Medicare

Your help is needed!

Your feedback is requested on the future statewide ADRC website and resource database.

We are working with the Wisconsin Department of Health Services (DHS) and their partner, Palantir.net, to create a statewide resource database and website to help customers like you get information about services and supports.

In order to create the best possible experience for customers, our partner is seeking feedback from people like you.

Why should I participate? Our partner wants to make a website you can trust and use. They need your input to guide the creation. The activities will be confidential, low-stress, and will help make the website and database better.

You will receive compensation for your time.

When is this happening? Activities will occur between now and July 2023.

In what ways can I be involved? You may participate in one or more of the following activities:

- Interviews
- Card sorting or grouping terms in ways that make sense to you
- Focus groups
- Surveys

Interaction with a sample website

How do I sign up? If you're interested, sign up here today [https://
docs.google.com/forms/
d/1FdIGsrgU_h6OZxoOjwKq25vZD2VBpO6Gtf0vZsxy3m0/edit](https://docs.google.com/forms/d/1FdIGsrgU_h6OZxoOjwKq25vZD2VBpO6Gtf0vZsxy3m0/edit)

Spring Cleaning—Organize Your Medicine Cabinet!

It is important to make time each year to organize your medications. As people age there is often an increase in the number of medications a person takes, and once you add in any over the counter items for pain and other ailments and others like vitamins and supplements there is an opportunity for bad reactions. Much of this is preventable.

Tips:

Ask before taking an over-the-counter remedy – your doctor or the pharmacist.

Make a list and update it every time there is a change in what you take. Share with your doctor and other helpers you may have.

Review your medications with your doctor at least once a year and ask if you still need to take them, and if the dose you take should remain the same.

Organize your medications.

Consider using a weekly medication organizer. You can ask your pharmacist if they have any tips for you on how to organize and keep track of your medications. Keep it simple.

Report any problems like side effects. If you have a serious reaction like difficulty breathing or swelling in your throat call 911.

Very Important Tips

- ♦ Avoid alcohol when you take medication for sleep, pain, anxiety or depression.
- ♦ Don't take a medication that is not prescribed for you.
- ♦ Don't take expired medication – they are all labeled with an expiration date.
- ♦ Don't stop taking a medication just because you feel better. Finish the amount that was prescribed for you.
- ♦ Take medications only as the amount and dosage that was prescribed for you.



The next Drug Take Back Day will be held April 22, 2023.

See:

<https://dhs.wisconsin.gov/opioids/drug-take-back-day.htm>

You can also call the ADRC 262-833-8777

Safely Dispose of Old or Unused Medications

Help protect our families, friends, and communities.

How do you get started?

Easy! Just open your medicine cabinet, gather what you no longer need, remove or cover up prescription or personal information, and put them in a zip-top bag.

What next?

Simply choose a safe disposal option that's best for you. Drug Take Back

Days are held twice a year in communities throughout Wisconsin; once in April and again in October. If you can't make it, many permanent drug drop boxes are available year-round across the state in convenient locations like pharmacies and police stations.

If you'd like to learn more about safe medication disposal and all available options, visit doseofrealitywi.gov.

May is Older Americans Month



Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in *Aging Unbound*:

- ♦ Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- ♦ Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- ♦ Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- ♦ Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.



AGING UNBOUND: MAY 2023

For more information, visit the [official OAM website](#), follow ACL on [Twitter](#) and [Facebook](#), and join the conversation using [#OlderAmericansMonth](#).

Delicious Oven Baked Fries

The secret is in the soak.

| | |
|---|-------------------------|
| 4 large potatoes (2 lbs) (regular or sweet) | 1 tsp white pepper |
| 8 C ice water | 1/4 tsp Allspice |
| 1 tsp garlic powder | 1 tsp hot pepper flakes |
| 1 tsp onion powder | 1 Tbsp vegetable oil |
| 1/4 tsp salt | |

Directions:

Scrub potatoes and cut them into long 1/2 in strips. Place the strips in the ice water, cover and chill for 1 hour or longer. Remove the strips and dry thoroughly. Preheat oven to 475°

Place all your spices in a plastic bag big enough to fit your potato strips. Toss the strips in the spice mixture.

Put the potato strips in a shallow baking pan and brush them with oil. Cover the pan with foil and bake for 15 minutes. Remove the foil and continue baking for an additional 15 to 20 minutes or until golden brown, turning the fries occasionally to brown on all sides. Makes 5 servings of 1 cup

Ultra Processed Foods in the News

Having a hard time giving up “junk” food?

Items like microwavable dinners, deli meat, white bread, fried chicken, pizza, pastries and soda are easy go to foods. Perhaps the study from JAMA Neurology published online Dec 5, 2022 will help you look at what you are eating. These foods have been found to be linked to cognitive decline.

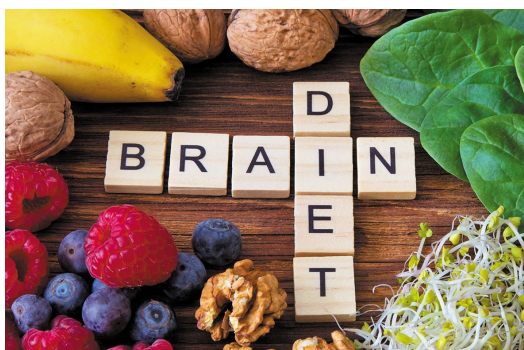
After eight years of studying people (age 35-74), those who ate 400 calories of ultra-processed foods in a 2000 calorie daily diet had a faster rate (up to 28%) of cognitive decline compared to those who consumed less junk food.

Studies also show a high intake of ultra-processed foods increased risk of many chronic diseases,

including heart disease and diabetes.

Cut back on junk food and fill your plate with healthier goodies, such as fruits, vegetables, legumes, whole grains, nuts, seeds, and lean proteins.

See the column at the right for information on two free classes offered by the ADRC for those 60+ Also check out the healthier version of fries recipe above.



If you are looking for more information on **Healthy Eating**, the ADRC of Racine County is offering TWO free Online Wellness Initiatives. These are designed for Racine County residents, 60+ years of age.

Eat Smart, Move More, and Weigh Less

is a 15-week class held by a live instructor.

Eat Smart, Move More and Prevent Diabetes

is an online program that connects you with support from a live instructor and trained lifestyle coach. To learn more or register for these classes, please email taylor.scherer@racinecounty.com

Support Groups for Family Caregivers

Support groups are for caregivers who are over 60, or are caring for someone over 60 and/or caregivers (of any age) for those who have dementia.

Second Wednesday 1:00 - 2:30 pm

In Person

Christ Church
United Methodist
5109 Washington
Ave Racine

First Thursday 6:30 - 7:30 pm

Zoom/Call in
Call 833-8764 for
call-in
Information

Third Thursday 6:00 – 7:30 PM

In Person

Christ Church
United Methodist
5109 Washington
Ave Racine

For in person registration, call in or virtual group information contact Ruth at 262-833-8764 or email

ruth.stauersbol@racinecounty.com

The Longest Day

Each year toward the end of June, we welcome the Summer Solstice, also known as the first day of Summer, with the excitement of better weather, the smell of fresh cut grass, fireflies in the evening, ball games, cookouts, and lighter and longer days. Especially after another long winter!

We also use this day as a reminder to honor our caregivers, who have the most difficult job each and every day caring for a loved one. Everyday can feel like the longest day for a caregiver, but on the Summer Solstice, the day is longer, and the night is shorter because of how the earth tilts towards the sun.

Organizations across the globe began recognizing caregivers on this day and have used it as a reason to acknowledge their hard work.

Our Caregiver Support team would like to thank you, the caregivers, who are doing the hard work each day. You are giving your all to assure that the person in your care has his/her needs met, most of the time, disregarding your own needs. Your devotion and kindness keep your care receiver going. What you are doing can be a thankless job, but we THANK YOU for all that you do!

You make the world special just by being in it.

Caregivers of those with memory issues:

Mark Your Calendar

June 21st is the longest day of the year, but for caregivers, every day is the longest day. But, remember, time flies when you are having fun!

Let's get through this day together.

Please join the ADRC and SPARK! on Wednesday, June 21st from 4-6 PM for an evening activity. SPARK! is a free art experience for people with Memory Loss and their care partners through the Racine Art Museum.

The program will be held at the museum Wustum Campus 2519 Northwestern Ave in Racine.

Call the ADRC for more info or to register 262-833-8777



Classes and More for Caregivers

Join a Free Sip & Swipe Café® class and get connected!

For adults 60+ Tablet and smart phone training program

No experience or tablet ownership required

Learn how to navigate web pages - use email - and more!

Let us help you make your goals to using a tablet or a smart phone attainable!

This class is a self-guided, go at your own pace with a coach's assistance.

Location:
Racine Public Library–
Innovation Lab
75 7th Street, Racine,
WI 53403

Wednesdays
June 7th, 14th, 21st, 28th
1-2 PM

To register, call Taylor S. at the
ADRC at 262-833-8777



Caregiver Tip...

Do what you can today. If you take one step at a time there will be progress, and the load can get lighter.

Please remember that your best is Good Enough...

Powerful Tools for Caregivers

Powerful Tools for Caregivers is a six week, two-hour per week course. Caregivers learn many different tools to work with their loved one and others during their caregiving journey. There are communication techniques, relaxation options, and many other things that are very helpful along any caregiving journey.

Next Class –
May 9th – June 13th
10:00 to 11:30 AM
Norway Lutheran Church,
6321 Heg Park Rd in Wind Lake.

\$10 cost for textbook. Call Ruth for more information 262-833-8764 or ruthstauersbol@racinecounty.com

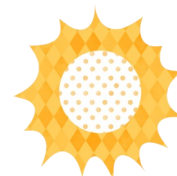
MUSIC AND MEMORYSM

Music & Memory is a program for people with Alzheimer's (or other forms of dementia) and their caregivers.

The caregiver-directed, in-home program is designed to help find renewed joy in life through musical favorites.

Our team is trained to develop personalized playlists, using iPods.

Interested in more information about MUSIC AND MEMORYSM through the ADRC? Please contact Taylor Scherer 262- 833-8762 or taylor.scherer@racinecounty.com





14200 Washington Ave
Sturtevant, WI 53177

www.adrc.racinecounty.com

Caregiver Opportunities

Be sure to recognize the rewards you have experienced on your journey. You may find that caregiving benefits not only your loved one, but also you. Do ask for support when you need it.

Book Club for Caregivers

1st Friday Caregiver Book Club – Noon – 1pm / Zoom and Call-In. Contact Ruth Stauersbol at 262-833-8764 to receive the current book, any materials, and call-in/virtual group information.

Memory Cafés

Memory Cafés are a comfortable, social gathering that allow people experiencing memory loss and a loved one to connect, socialize, and build new support networks.

1st Monday of each month 1:00pm - 2:30pm
Grace Church, 3626 Highway 31, Racine, WI 53405
For information contact 262-833-8777.

3rd Friday of each month 9:30am– 10:30am
Burlington Aurora Wellness Center,
300 McCanna Pkwy, Burlington, WI 53105
For information, or to register,
contact Chad at 262-212-3596

*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*

