

ADRC Connections

Newsletter Date Winter 2025

Your Bridge to Support

Call Us Today and Maximize What the ADRC Can Do for You

The ADRC's role is to provide a central source of reliable and objective information about a broad range of services. The ADRC helps individuals plan and make informed decisions through an interactive decision support process. This includes a discussion of the individual's wishes, needs and goals in order to help the individual identify and evaluate options available.

ADRC information and assistance is always FREE, confidential, and available to older adults, people with disabilities, their families, friends, caregivers and others who work with or care about you, regardless of income.

Options counseling includes information about the following:

The range of community resources and service options available to the individual, including but not limited to: home care, housing, nutritional resources, community services, residential care, nursing home care, and case management services.

Factors to consider when you are planning for current or future needs:

- Types of services, cost, quality, compatibility with individual

preferences, goals, and outcomes.

- Opportunities and methods for maximizing independence and self-reliance, including the utilization of supports from family, friends, community, and the self-determination approach.



Photo: <https://commons.wikimedia.org/wiki/File:Gfp-sunset-over-wisconsin-river-in-winter.jpg>

- The sources and methods of both public and private payment for long-term care services, including information about the long-term care programs available in the area such as Family Care, IRIS, Partnership, PACE and other programs for which the person may be eligible.

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At age 17 years and 6 months, contact the ADRC for information such as:

- Services that may be available through Long Term Supports.
- Explore need for Supportive Decision Making, Powers of Attorney (Healthcare and/ or Finance) or Guardianships.
- Housing
- Employment
- Benefit Specialist Assistance
- Assistive Technology
- Transportation
- Daily Living Skills
- Respite
- Determine need/ ability for Special Needs trust

Graduating from High School to a New Life

Just like your classmates, as a student with a disability, you face many questions about your life after high school graduation. What is your dream job? How can you get that job? Will I need more schooling? Will you still have a guardian after you turn 18? What kind of benefits do you qualify for?

Transition Checklist

Organize Documentation

To access adult services outside of the primary education experience, most community services are based on eligibility criteria; meaning an adult must *qualify* for services. It is ideal to have school records (i.e. recent psychological evaluation found in IEP), and/or physician's statement of diagnoses.

Apply for Social Security as an Adult

To access additional support services and Supplemental Security Income, the Social Security Administration requires a new adult disability medical determination when a person turns 18 years old even if they were previously determined disabled as a child.

Apply online at: www.ssa.gov or contact the Social Security office at 866-270-8629 (local) or 800-772-1213 (national). There is information from Social Security Administration on **What Happens When Your Child Turns Age 18** – see <https://www.ssa.gov/pubs/EN-05-10026.pdf>

Determine if there is a need for any Protective Supports or Guardianship

See information at the Wisconsin Guardianship Support Center: <https://gwaar.org/guardianship-resources> or contact the ADRC for basic

information and/or you might wish to speak to an attorney to weigh this option.

Work with your school's Individualized Educational Planning (IEP) team to plan for post-secondary outcomes

The school's IEP team can assist in planning to achieve your goals after high school. This planning process typically begins in 10th grade and continues throughout high school.

Students and families are concerned with options they may have after leaving high school. The ADRC works together with other agencies to ensure the family receives the services and support that promotes the quality of life to pass to their children.

Consider connecting with the DVR (Division of Vocational Rehabilitation) <https://dwd.wisconsin.gov/dvr/about/> or other supported work experiences through various programs.

Interested in higher education?

There are a number of specialty schools and accommodations to help you succeed. The ADRC has resource information to help you navigate your choices. *...Continued next page*

Photo below of snowman with icicle nose by Michelle Wolf



...Continued from page 2

Need Publicly Funded Long Term Care Program?

At age 17½, the ADRC can provide individuals with Options Counseling for decision support to help plan for potential future needs. The ADRC can begin the eligibility process for Long-Term Care Medicaid programs.

The transition from a children's waiver program like Katie Beckett takes some careful planning. It is better to contact the ADRC sooner (at 17 ½) than later.

Call Aging Disability Resource Center (ADRC) 262-833-8777 or 1-866-219-1043.



Racine County Special Needs Resource Fair



Scan the QR code for additional information

● SAVE THE DATE ●

APRIL 4:30-7pm
15
FREE EVENT

NEW LOCATION:

**UNION GROVE ELEMENTARY SCHOOL
1745 MILLDRUM STREET, UNION GROVE, WI**

Discover a world of possibilities at the Racine County Special Needs Resource Fair! Whether you're seeking financial support, community-based therapies, recreational opportunities, job training, or resources for living arrangements beyond the home, this event has something for everyone. Meet local experts, ask questions, and connect with other families navigating similar journeys. This is your chance to access vital resources, explore exciting programs, and build a stronger support network—all in one place. Join us for this FREE, family-friendly event designed to empower and inspire!

Sponsored by ADRC and Racine County School Districts

Community Resources

Advocacy Resources

ADA Information Line 800-514-0301
<https://www.ada.gov/infoline.htm>

ARC of Racine

262-634-6303
<https://www.thearcofracine.org/>

Disability Rights Wisconsin

800-928-8778
<https://www.disabilityrightswi.org/>

Disability Voting Rights Helpline
844-347-8683

Easterseals of Southeast Wisconsin

414-449-4444
<https://www.easterseals.com/wi-se/>

Great Lakes ADA Center

800-949-4232

<https://www.adagreatlakes.org/>

Information and guidance on Americans with Disabilities Act

Guardianship Support Center

(Wisconsin) 855-409-9410
<https://gwaar.org/guardianship-resources>

Information and resources relating to adult guardianship issues.

Your local Independent Living Center, Society's Assets can also assist people with advocacy as needed as well. 262-637-9128 or www.societysassets.org

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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](mailto:adrc@racinecounty.com)

Disability Advocacy Day



Image from previous Advocacy Day by Wisconsin BPDD

Disability Advocacy Day is a day-long event focused on connecting Self-Advocates with their legislators to talk about issues that matter to them. Join with advocates from across the state in-person in Madison on March 12th, 2025. Plan to meet with your elected officials!

Registration will open early in 2025

Check the website of [Wisconsin Board for People with Developmental Disabilities](#) for further information and also access to other classes, workshops and advocacy information.

Save the Date!

The annual **Wisconsin Self-Determination Conference**. Will be held October 22- 25, 2025!

2024 recap see: <https://sdc.wi-bpdd.org/>

Advocacy Resource ...continued from page 3

Job Accommodation Network

800-526-7234

<https://askjan.org/> Ask questions about workplace accommodations, ADA and related legislation.

Wisconsin Board for People with Developmental Disabilities (BPDD)

888-332-1677 or 608-266-7826

<https://wi-bpdd.org/>

Wisconsin Facets 414-374-4645 or 877-374-0511 | <https://www.wifacets.org>

Option: If you have a certain disease or disabling condition, check with an agency that serves people with that condition and ask about advocacy resources they may have.

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

If you have a change of address to report or would like to be removed from the ADRC Connections Newsletter mailing list, please contact the ADRC. Phone: 262-833-8777
Email: adrc@racinecounty.com
Mail: 14200 Washington Ave, Sturtevant, WI 53177

Governors Budget—Action Needed!

The Governor's budget is critical to the services that affect seniors, caregivers and people with disabilities. Contact your elected officials and share your story and the importance of these services and benefits that you or your loved ones have received. Your story is important and needs to be heard.

Find your legislators: <https://legis.wisconsin.gov/>

For State Budget and Legislative Priorities

WAAN issue briefs located at: <https://gwaar.org/waan-issues-and-initiatives> (See under 2024 state issue briefs).

Support for People with Dementia and Their Caregivers

Many people with dementia live at home. Memory loss and dementia can cause challenges—both for people with the condition and their caregivers. Our Dementia Care Specialist and Caregiver Support Specialists work together to improve the quality of life for people who are living at home with memory loss and support their caregivers.

What do dementia care specialists do? Dementia care specialists provide:

Free information and support to adults with dementia and their caregivers.

Independence. Dementia care specialists and Caregiver Support Specialists can help connect you with things to do in your community so you can stay involved.

Memory screenings. These are tools to help identify changes to memory and cognition. If the screening shows memory loss, a specialist may refer you to a doctor.

Social opportunities. Dementia care specialists can help people with memory loss find social activities, such as those involving music and art, and more.

Care planning assistance. Dementia care specialists can help you with where you are now—and help you plan for the future.

Support group connection.

Caregiver Support Specialists provides caregiver support groups that work for you. They also help create places where caregivers for people with dementia can support each other.

Memory cafés. Dementia care specialists form and support meeting places for those with memory loss and their caregivers. These cafés are social gatherings - an opportunity to make new friends and interact without being misunderstood.

Dementia-friendly businesses. Dementia care specialists train businesses to better understand how to support customers with dementia.

To connect contact the ADRC at 262-833-8777

Below: Winter icicles photo by Michelle Wolf



March 2 to March 8, 2025 is **National Consumer Protection Week** (NCPW) is a time to help people understand their consumer rights and avoid frauds and scams. An excellent resource for information and support is the Wisconsin Department of Agriculture, Trade and consumer protection https://datcp.wi.gov/Pages/Programs_Services/ConsumerProtection.aspx
Helpline: 800-422-7128
Email DATCPHotline@wi.gov



What Can Benefit Specialists Do?

- Provide accurate and current information on your benefits.
- Suggest alternative actions that you can take to secure benefits or appeal denials of benefits.
- Advocate on your behalf with other parties.
- Explain what legal action or other possible solutions are required.
- Refer you to an appropriate attorney when necessary.

Contact the ADRC for a referral at 262-833-8777.

Your Benefits

Important Numbers

Social Security

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

Web: <https://www.ssa.gov/>

Medicare

1-800-Medicare
800-633-4227

Continued...

Web: <https://www.medicare.gov/>

Wisconsin Medicaid

Member services:

800-362-3002

Web: <https://access.wisconsin.gov/access/>

Wisconsin Kenosha Racine

Partners Consortium (WKRP)

888-794-5820

Social Security Office Changes

By the GWAAR Legal Services Team (for reprint)

The Social Security Administration (SSA) recently announced that it will be transitioning to appointment-based services for in-person visits to local field offices. Beginning January 6, SSA will require customers to schedule an appointment for services, including requests for Social Security cards. SSA emphasizes that it will not turn people away for walk-in service who are

unable to make an appointment or do not want to make an appointment, such as “members of vulnerable populations, military personnel, people with terminal illnesses, and individuals with other situations requiring immediate or specialized attention.” Field offices with minimal wait times will also continue to provide walk-in assistance. Nonetheless, SSA still encourages people to take advantage of online services or the automated services available by telephone at 800-772-1213.

Flu and COVID Combination Tests

By the GWAAR Legal Services Team (for reprint)

The Food and Drug Administration (FDA) recently approved a new at-home kit that can test for COVID[1]19 and two strains of the flu virus at the same time. The tests are available at pharmacies without a pre[1]

scription and can help people determine what types of precautions they need to take to avoid infecting friends and family members. The tests should cost about the same as a COVID-only test kit – around \$15 per test. The kits should provide test results within 15 to 30 minutes.

Workshops and Programs for You

Medicare Workshops Restart

These sessions will take place at the ADRC Auditorium

At the Racine County Ives Grove Complex 14200 Washington Ave.

There will be opportunities for online classes as well.

Check the ADRC website classes page for changes and additional sessions at: [https://](https://adrc.racinecounty.com/site/470/sign_up_for_classes.aspx)

adrc.racinecounty.com/site/470/sign_up_for_classes.aspx

Call with questions or to register 262-833-8777

February 5th

9:00 am to 11:00 am

March 5th

1:00 pm to 3:00 pm

April will offer an online session time and date to be determined.

May 7th

9:00 am to 11:00 am

Protect yourself from falls, Increase your confidence. Sign up Today!

Stepping on Class

Wednesdays

February 26th through April 9th
9 am to 11:00 am.

Location:

ADRC Auditorium

14200 Washington Ave

Ives Grove County Complex

To Register contact Ruth Stauersbol at 262-833-8764 or email

ruth.stauersbol@racinecounty.com




SIP N' SWIPE

Join us to learn the basic use of a tablet or Smart Phone. The class is self-guided, at your own pace with coach assistance. The audience is intended for those age 60 or better.

- ✓ Learn how to use email
- ✓ Confidently take and send pictures
- ✓ Navigate web pages

CONTACT US TO RSVP

Wednesdays in February (5th, 12th 19th and 26th)
from 1-2PM
at the Racine Public Library - Innovation Lab

 Call Taylor
262-833-8777



Sip N' Swipe Classes

Sip N' Swipe classes will be held in Racine and Burlington. See the flyer regarding Racine. Burlington will be held at the Burlington Public Library on Wednesdays in March (5th, 12th, 19th, and 26th) from 3:00 pm to 4:00 pm. Call Taylor at the ADRC for more information or to register for either section. 262-833-8777.



Menus:

You can find the menus for the coming month in your local newspaper, or online at: <https://adrc.racinecounty.com>

Or call
262-833-8766

We need you!

Racine County Senior Nutrition Program is looking for help delivering meals to those who need it most. Call 262-833-8766 or use the QR code below.



Racine County Senior Nutrition Congregate Meal Program

Nutritious meals create an opportunity to build a relationship and strengthen bonds with each individual. Regular meals at a community dining site, provides tailored nutrition, social connection, safety and more.

Dining Center Locations:

- ◇ Mount Pleasant Place
- ◇ Salvation Army
- ◇ Burlington Senior Center

- ◇ Bruno's –Restaurant Model location

Contact the program for specifics about these sites.

For Racine County Senior Nutrition Home Delivered Meal Program, please call us at:

262-833-8766

Toll free at: **1-866-219-1043**

or email

RCNutrition@racinecounty.com

National Nutrition Month®

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. This year's theme is "**Food Connects Us.**" Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health.

Week 1: Connect with Food. Learn cooking, food preparation and meal planning skills.

Week 2: Connect with a Nutrition Expert. Ask your doctor for a referral to an RDN and receive personalized nutrition information to meet your health goals.

Week 3: Explore the Connection Between Food and Culture. Experiment with recipes using different ingredients or cooking techniques. Include your favorite cultural foods and traditions or try new global flavors. Enjoy your meals with family or friends, when possible.

Week 4: Build the Connection Across All Stages of Life. Learn how nutrient needs may change with age. Include healthful foods from all food groups. Focus on balanced and sustainable eating habits.

See: <https://www.eatright.org/national-nutrition-month>

Eat Well, Age Well: Pears

Pears originated in southeastern Europe and were a favorite food for the ancient Greeks and Romans. The ancient Greek author Homer described them as “gifts from the gods.” Pears are one of my favorite fruits. I have wonderful memories of climbing the pear trees on my family homestead farm to pick them. We would let them ripen on the porch. There is nothing better than a perfectly ripe pear with juice that drips down your arm. So many wonderful memories of us all working together in my grandma’s kitchen on canning day so we could enjoy them throughout the winter. I hope you have some fond memories for pears or create some this holiday season! The pear and cranberry crisp recipe on the next page is easy and delicious. The fiber in pears helps your digestion and heart health. Select: Choose firm pears without cuts or bruises. Did you know that pears ripen at room temperature for best texture and taste. They are in season September thru May depending on the variety. Storage: Once pears are ripe, use within 3 to 5 days or refrigerate to keep them longer. Preparation: Always wash fresh produce under cool running water even if you plan to peel them. Peel or cut just before using to avoid browned flesh. You can also use lemon or citrus

juice to help prevent the browning.

Article by Pam Vankampen, RDN, CD,
GWAAR Nutrition Team

Pear and Cranberry Crisp

Ingredients

- ½ cup old fashioned rolled oats
- 1 Tablespoon packed brown sugar
- 2 Tablespoons flour
- ¼ teaspoon cinnamon
- 2 Tablespoons applesauce
- 4 cups cubed pears (about 3 pears)
- 1 cup cranberries, fresh or frozen
- 1 Tablespoon cornstarch

Directions • Wash hands with soap and water. • Rinse or scrub fresh fruits under running water before preparing. • In a medium bowl, combine oats, brown sugar, flour, cinnamon and applesauce. • Combine pears, cranberries, and cornstarch in an 8x8-inch baking dish. Sprinkle with oat mixture. • Bake uncovered at 400 degrees F until juices are bubbling and topping is browned, about 20 minutes. • Refrigerate leftovers within 2 hours.

Notes Try adding other spices such as nutmeg or cardamom.

Double the recipe to make a 9 x 13-inch version.

Check out <https://foodhero.org/pears> for more recipes and tips.

Recipe used with permission from FoodHero.org.



Photo of Crisp
Flickr: <https://www.flickr.com/photos/joyosity/4136692965>

Did you Know... Pear trees can live to be 100 years old! Their nick name is “Butter Fruit” because of their soft, melting texture.

Photo below: https://commons.wikimedia.org/wiki/File:Eight_varieties_of_pear_s.jpg



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
Christ Church
United Methodist
5109 Washington
Ave Racine

First Thursday

6:30 - 7:30 pm
Zoom/Call in
See contact below
to connect

Third Thursday

6:00 – 7:30 PM
Christ Church
United Methodist
5109 Washington
Ave Racine

First Friday

Noon - 1:30 pm
Zoom/Call in
See contact below
to connect

For registration, or group information contact Ruth at 262-833-8764 or email

ruth.stauersbol@racinecounty.com

Simple Acts of Kindness Go A Long Way

Combating loneliness and promoting socialization is very important to everyone, including seniors. “What can we do? We can each check in on friends, family, and neighbors now and all year round. Make a friendly phone call or schedule a video chat to see how someone is doing. Ask if they need anything – groceries, supplies for a hobby, or their driveway or walk shoveled or lawn cut. If you live nearby, knock on their door. Have a conversation. Encourage them to join you outside if they can safely do so – even if it’s just for a few minutes. They’ll benefit from human contact – and so will you.

Social connection and staying active has been proven to decrease depression and anxiety in older adults. Many aging adults are at risk of being isolated, which is the leading cause of depression among seniors. Isolation and loneliness can bring feelings of despair or worthlessness. Socialization combats these depressive situations and allows people to feel loved and valued. Here are some other ideas to help anyone stay connected:

- Find an activity that you enjoy, restart an old hobby, or take a class to learn something new. You might have fun and meet people with similar interests.
- Schedule time each day to stay in touch with family, friends, and neighbors in person, by email, social media, voice call, or text. Talk with people you trust and

share your feelings. Suggest an activity to help nurture and strengthen existing relationships. Sending letters or cards is another good way to keep up friendships.

- Use communication technologies such as video chat, smart speakers, or even companion robots to help keep you engaged and connected.
- If you’re not tech-savvy, sign up for an online or in-person class at your local public library or community center to help you learn how to use email or social
- Consider adopting a pet if you are able to care for them. Animals can be a source of comfort and may also lower stress and blood pressure.
- Stay physically active and include group exercise, such as joining a walking club or working out with a friend. Adults should aim for at least 150 minutes (2 1/2 hours) of activity a week that makes you breathe hard.
- Introduce yourself to your neighbors.
- Find a faith-based organization where you can deepen your spirituality and engage with others in activities and events.
- Check out resources and programs at your local social service agencies, community and senior centers, and public libraries.
- Join a cause and get involved in your community. Volunteering is rewarding
- If you are 60 years or better, consider attending a congregate meal site. Racine County has four locations throughout the county.”

By Katy Hansen
Assistant Directory ADRC

Book Club Starts in February

Take Back Your Life: A Caregiver's Guide to Finding Freedom in the Midst of Overwhelm

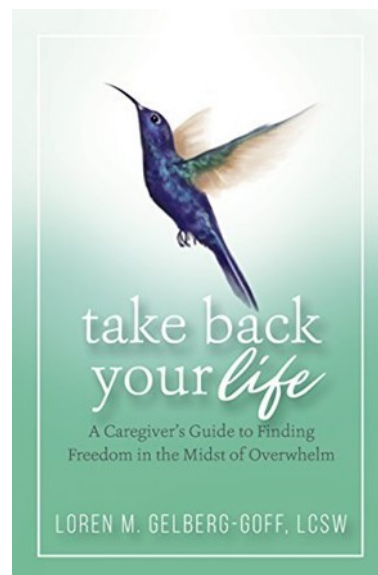
By: [Loren M. Gelberg-Goff](#)

This NYC Book Award Winner, Caregiving addresses: What starts as loving, compassionate care becomes an isolating, stressful, never-ending race to get everything done. Inevitably, anger and resentment creep in toward the person being cared for as well as other family members who don't pitch in...or both. So guilt and shame for not feeling loving all the time gets added to the emotional mix. Worst of all, most caregivers have no support system, and no plan for ensuring that they're taking good care of themselves first so they can keep going without falling apart. Is there any hope for a better life? Yes! In *Take Back your A Caregiver's Guide to Finding Freedom in the Midst of Overwhelm*, psychotherapist, hypnotherapist and experienced family

caregiver Loren Gelberg-Goff shows you exactly how to get back to having a life, feel that loving connection you thought was gone, stop arguing and get cooperation from your siblings and others, and discover other resources you can call upon to guarantee that much-needed "you time."

204 pages

Published January 27, 2018



For more information on the book club held the first Friday of the month from Noon to 1:30 pm, starting up in February. contact Ruth Stauersbol at 262-833-8764 or email ruth.stauersbol@racinecounty.com

You will receive a copy of the book for you to keep,

Sign Up Today!

Connecting

Below are some website resources for information or for connecting:

[Well Connected - Front Porch](#)

[Social Connection](#)

[The Value of Friendships as We Age | National Poll on Healthy Aging](#)

[Our Epidemic of Loneliness and Isolation](#)

For mental health support, consider contacting (at right):

Racine County Behavioral Health Services

Walk in hour are Monday-Friday 8 am to 5 pm at 1717 Taylor Ave in Racine or call the 24/7 crisis hotline at 262-638-6741.

They offer Crisis counseling, comprehensive community services, substance use disorder services, and a short-term crisis center (SAIL).



Snowman Photo: <https://www.snowaddiction.org/2017/02/30-of-the-most-creative-snowmen-youve-ever-seen.html>



14200 Washington Ave
Sturtevant, WI 53177

<https://adrc.racinecounty.com>

Caregiver Opportunities

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.

Support Groups—See page 10

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.

2nd Tuesday of each month 1:00pm - 2:30pm
Yorkville United Methodist,
17645 Old Yorkville Rd, Union Grove
For information contact 262-878-2388.

2nd Friday of each month 1:00—2:30 pm
Emmaus Lutheran Church (English and Spanish)
1925 Summit Ave, Racine, WI 53404
For information contact 262-636-9217.

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



Photo above: <https://commons.wikimedia.org/wiki/File:Gfp-wisconsin-madison-a-winter-sunset.jpg>